

THE
Modern Art of Cookery
IMPROVED:

OR,
Elegant, Cheap, and Easy Methods, of preparing
most of the DISHES now in Vogue;

In the Composition whereof
Both HEALTH and PLEASURE have been consulted.

BY,
Mrs. ANN SHACKLEFORD, of *Winchester*.

TO WHICH IS ADDED,
An APPENDIX;
Containing a Dissertation on the different Kinds of
Food, their Nature, Quality, and various Uses.

By a PHYSICIAN.
AND
A MARKETING MANUAL,
And other useful PARTICULARS.
By the EDITOR.

She turns, on hospitable thoughts intent,
What choice to chuse for delicacy best;
What order, so contriv'd as not to mix
Tastes, not well join'd, inelegant, but bring
Taste after Taste, upheld with kindest change.

MILTON.

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BY A. J. RICHARDSON

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PREFACE.

LITTLE need be said in recommendation of a work so extremely useful to Ladies and their servants, as this which we now present to the public. ---It is the result of long experience and in its composition the author has always had œconomy and prudence, as well as health and pleasure in her eye; for we find particular regard is every where paid to those dishes which are cheap and profitable, as well as wholesome and pleasant.

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pleasant. She has avoided the errors which those people give into who are unacquainted with the nature and affinities of the materials they have in hand namely, that of using ingredients that counteract each other, and thereby increase the expence of the dish without improving its flavour. But errors of this sort not only make dishes expensive, they are also by that means frequently rendered unwholesome: to remove any evil of that kind which ought above all things to be guarded against, the whole of this book has been submitted to the inspection of a physician of eminence, who has kindly added a concise dissertation on aliments, in order to render our work the more useful and pleasing to the public.

A M A R K E T I N G

A MARKETING MANUAL.

O R,
Instructions for choosing Provisions.

Beef.

AN ox should not be slaughtered till he is near seven years old, and has for some time been laboured at the plough and harrow; and after that, suffered to encrease in flesh and fatness.

Stall fed beef is in season all the year; grass-beef, chiefly so from Midsummer to Michaelmas.

Ox beef of a due age, has a fine smooth mellow grain; the fat of a yellowish white: but, if it be old, the grain will feel coarse and spongy, the fat will be very yellow, and the lean of a deep dusky red.

Heifer beef, if the beast has been well pastured, and kept to full growth, is closer grained, whiter in the fat, and paler in the lean, than ox beef. Pit it with your finger, it quickly rises again, if young; if old, it remains pitted.

A good neat's tongue is plump and dry; if it be shrunk, pitted and slimy, suspect it to be stale.

Bull beef is hardly worth mentioning; yet to avoid being imposed upon, it may be known by the skinniness of the fat, the toughness and deep redness of the lean; but above all, by its remarkable scent, whether fresh or stale.

Veal.

The fatness and whiteness of veal, are the general indications of its intrinsic goodness. As to particulars, the stiffness or limberness of the knee joint, denotes it to be fresh or stale. If the breast and

sweet-bread be smooth, plump and dry, it is a sign that the breast and neck are fresh; if stale, they will be here and there discoloured with a dusky greenness, which the smelling will also confirm. If the shoulder be fresh, the bloody vein looks blue or red, and the flesh feels firm: if it be stale, the vein will be blackish, greenish or yellowish, and the flesh flabby. If you meet with it wrapped up in moistened cloaths, your smelling will inform you whether or no it is musty. If you suspect a loin, smell at the kidney, for there it taints first.

If a calf's head be fresh, the eyes will shine; if stale, they are dim, wrinkled and sunk in.

A bull-calf's flesh is firmer in grain than that of a cow-calf, and the fat is harder and more curdled: the bones are also larger, and the want of the udder on the leg will assure you of the sex; yet this requires a narrow inspection, as deceit is herein often made use of.

Mutton.

The flesh of young mutton will pinch tender, and presently rise again: if it be old, the impression will remain: if it be young, the fat will easily part from the lean; but in the old, they will be held together by strings, and difficult to be separated. The flesh of an ewe is paler than that of a weather, of a closer grain, and parts easier. The rot is no uncommon disease among sheep, and the carcasses of such are often brought to market. The flesh is paler than ordinary, and loose at the bone; the fat of a faint white, inclining to a yellow, and upon squeezing it between the fingers, some watery drops will ooze out.

Lincolnshire chiefly supplies the London markets with large fat mutton, but being often rank fed, it
eats

eats not so short and pleasant, nor yields, in proportion, so much gravy, as the Wiltshire, Norfolk, Scots, and Welch mutton.

The staleness of mutton is no great disadvantage, provided it be kept sweet, and suffered to dry on the outside: fresh killed mutton, though young, eats tough; whereas a leg, hung in a cool place, where there is a free passage for air, eats deliciously at a fortnight's end, and abounds with gravy.

Lamb.

A lamb fed for some months on short tender grass, is then in the greatest perfection; though the polite give the preference to house-lamb.

In the choice of the head, mind the eyes, as hinted for the calf's head. If the neck-vein of the fore quarter be of a fine blue, you may be assured that it is sound and good; if greenish or yellowish, it is stale and tainted, or nearly so. If the hind quarter smells sweet under the kidney, it is new, especially if the knuckle joint be stiff and springy; but if limber, it is a sign of its being stale. A house lamb, if plentifully fed, will be fit for killing when six weeks old.

Pork.

Pork comes in at Bartholomew-tide, and holds good till Lady-day. Young pork has a remarkably thin tender skin, the surest sign of its being so; and it cuts as pale as veal. The fat is soft and pulpy. On the contrary, old pork feels tough both in the lean and fat, which latter is also skinny and spongy: but the surest mark of old pork, is the thickness and stubbornness of the rind.

The skin of fresh pork, in general, is smooth,

and soft to the touch ; if stale, the skin will feel harsh, look brown, and be clammy.

If in the fat of pork you distinguish little hard kernels, of the size of tares, be assured that the meat is extremely unwholesome : this is commonly called meazely pork.

The pork griskin is esteemed the most delicate of all, and its goodness is distinguished by the clearness of its complexion, the suppleness of its fibres, and an interlarding or marbling of fat with the lean.

Pigs.

Pigs may be eaten from nine days to a month old. The sow pig is preferred to the boar, especially of the black kind ; the neck should be fat and short.

A fresh pig will have a soft and white skin ; a stale one, a harsh and yellow skin, if not clouted in a wet cloth.

Bacon.

The best way of chusing bacon, is first to be well assured what country it comes from. Hampshire, and Wiltshire bacon is at present most in request, being of a moderate size, extremely well cured and flavoured, the lean mellow, and the fat so firm as not to waste in boiling, as that of most London fed bacon is apt to do.

Hams.

The best English hams are those of Yorkshire Westmoreland and Durham ; but they are reckoned much inferior to Westphalia hams. The small bear, or rather cub hams of Maryland and other parts of North America, are allowed to be the most delicate

delicate of all. Above twenty years ago, Captain Christopher Middleton, brought a Hudson's Bay she cub to London, and fed her with nothing but bread and a little milk, till she was a year and half old; then he had her killed, and hams made of the haunches, which, though larger than Yorkshire hams, were esteemed by his friends to excel all they had ever tasted.

The best way of trying a ham, is to run a slender knife into it, up to the hilt, pretty near the bone; if it comes out of a well scented flavour, it is a sure sign of a good one; but if it smells rancid, and looks yellowish, you may be sure the ham is rusty and decaying.

Brawn.

Good young brawn may be distinguished by the thickness of the rind and the tenderness of the meat: if it be old, the flesh will be hard, and the rind thick and tough.

Venison.

Buck venison comes in season in May, and lasts so till September. Doe venison begins at Michaelmas, and continues in season, if well fed, till the latter end of January. The haunches or shoulders may be examined by introducing a knife near the bone, as directed for hams, the scent of which will inform you whether it be fresh or stale, and if the latter, the surface will also look blacker than ordinary, and if much tainted, greenish, and feel clammy. If the cleft of the hoof opens wide, it is a sign that the venison is old, if it be close, you may presume it is young.

Chickens,

Chickens, Pullets, Cocks, Hens, Capons.

Chickens are never out of season, but best in summer. In choosing them take the whitest and fattest. if new killed they will be white and firm in the vent; if stale, the vent will be limber and green. Choose them dry pulled, for they will roast best. Game chickens have the finest flavour, but their flesh is somewhat darker than that of others.

Hens before they have laid eggs are properly pullets; but pullets with egg are the best, and known by the soft open vent and red comb, they are in high season in January.

Hens are best before they are ready to lay, and yet are full of egg: they hold good all the cool months. If an hen be old, her comb and legs will be rough, if young, smooth.

If a cock has a short spur, not cut nor pared, and be fat, he will eat well: if stale, he will have an open vent; if new, a close hard vent. They are in season at Shrovetide.

A good capon will have a fat thick rump and belly, a vein of fat under the wing, and on the side of the breast: if young, he will have a short blunt spur and rough legs. Examine the spurs narrowly, lest they be cut, pared, or scraped less. If you mistrust his being old, pinch him on the breast with your finger and thumb; if it be soft and yields to the touch easily, he is young; but if hard, then he is old. If he be pale about the head, and has a short comb, he is young; if red about the head, he is no clean capon: if young, he will have a close hard vent; if old, a loose open one. Capons are of a right age at eight or nine months.

Turkeys.

Turkeys.

A short spur and a smooth blackish leg denote a cock turkey to be young, an old one has a sharp spur and red rough legs. If he be stale, his eyes will be sunk in his head, and his feet dry. If fresh killed his eyes stand firm, and shine as if he were alive, and his feet feel moistish.

If a hen turkey be old, her legs will be red and rough ; if she be full of egg, she will be soft and open vented) if the vent be hard, she has no eggs. As to newness and staleness, the tokens are the same as with the cock. The Norfolk Turkeys and Turkey-poults are esteemed the best.

Peacocks.

Peacocks are not often brought to market, nor indeed to table except at great feasts, and then more to make a shew than for the goodness of the flesh : however a pea-chicken is a dainty meat, but then it must be dressed the day, or the day after it is killed.

Geese.

Green geese are in high season in May or June, and are eaten from one month to three months old. They must not be dry picked but scalded.

Grown geese are in season from harvest time till after Michaelmas. A stubble fed goose eats best when between four and five months old, and should be dry picked. If a goose has yellow feet and bill, it is a sign of its being young ; but if they be red, you may be sure they are old ; if it be new it will be limber footed ; if stale the feet will be stiff and dry ; and the same tokens are applicable to wild geese.

geese, which are best in season in or about December.

Ducks, Ducklings.

A tame duck has a thicker foot than a wild duck, and of a dusky colour inclining to yellow. If fresh and new, the feet are limber; if stale they will feel dry. Ducks are to be dry picked, and ducklings always scalded: and if you meet with them so prepared at the poulterers, be mindful to rub your finger on the breast, which if it feel rough it is new killed; but if slippery or shining, then it is stale.

Pigeons.

The home-harvest flight of pigeons is much the best, as it yields the largest, and lasts till Michaelmas. If their legs are large it is a sign they are old: if they are new and fat they will be limber footed, and the vent will feel fat and plump, but if they are stale the feet will be stiff, and the vent green and flabby.

Swans, Cygnets.

The flesh of swans is black and coarse; yet if when they are young and called cygnets, they are kept in a small pond and well fed with corn, their flesh will not only lose its blackness, but be rendered very palatable; they are generally skinned and the flesh potted, or made into pyes.

Of wild Fowl.

Most sorts of wild fowl begin to come in season in October, and go out of season in March.

Pheasants.

A young cock pheasant in July or August has a short blunt spur; if he be old, a small sharp one. Observe narrowly if the spurs be not cut or scraped,

scraped, no uncommon artifice to put of an old one for a young one. If he be fat, he will have a fat vein upon the side of his breast under the wing ; if new he will have a fast firm vent ; but if stale killed he will have a green vent, and if you touch him hard with your finger the skin will peel.

The hen pheasant when young has smooth legs, and her flesh of a curious grain, for newness and staleness the same rules hold as with the cock.

Heath Cocks and Hens.

If new they will be white in the vent, if stale they will be dry footed, if young the leg and bills will be smooth ; and if fat the vent will be hard.

Partridges.

Partridges are best and most in season at the end of harvest.

An old partridge has a whitish bill and bluish legs : if he be young the bill will be of a dark colour and the legs yellowish. If new, the vent will be firm ; if stale the vent will look greenish and the skin be apt to peel off when touched hard. They are apt to taunt about the crop if they have fed upon green corn ; this may be known by opening the bill and smelling at the mouth.

Quails.

The best quails come from France and Germany, where they are fatted in cages, and by their fatness they are chosen.

Woodcocks or Snipes.

Woodcocks are best a fortnight or three weeks after they first come in, when they have rested themselves from their long flight over the sea. A fat woodcock will feel thick and hard in the vent ;
and

and have a vein of fat upon the side of the breast ; a lean one will feel thin in the vent : if new killed it will be limber footed ; if stale the foot will be stiff and dry ; if it drains at the nostrils it is a sign of its being tainted.

Plovers

There are three sorts of plovers, the gray, the green, and the bastard plover or lapwing. The gray plover has ever been in most esteem ; next to this the green. When new, they are limber footed ; when fat, they feel thick and hard in the vent ; but when lean, they feel thin in the vent. When stale, they are dry footed. These birds keep sweet and good a long time.

Doves.

The Turtle dove is distinguished by a blackish ring round the neck, ; the rest of the feathers are of a kind of cream colour ; the stock dove is of a larger size. Doves, if new and fat, will feel full and fat in the vent, and are limber footed ; but if stale, they have a flabby and green vent.

Feldfares.

If feldfares have a thick and hard vent it is a sure sign of their being fat ; if limber footed, they are fresh killed ; but if thin in the vent and dry footed, then they are both stale and poor : they are best when juniper berries are ripe ; which gives their flesh an exquisite flavour.

Blackbirds.

These are seldom made use of in the kitchen ; yet by some they are preferred before thrushes or feldfares. If they are not very fat, they are hardly worth purchasing.

Larks.

Larks.

These birds are of three sorts. The wood lark, the tit lark, and the sky lark, of which the last is by far the best. When they are fresh, they are stiff and firm, but limber and flabby when stale, and then the feathers come off at the least touch. Sky larks are always best and fattest after some continuance of frosty weather.

Wild Ducks.

The wild duck has a smaller and redder foot than a tame duck. When fat, it feels thick and hard on the belly, if lean, the belly will be thin and soft. If new killed it will be limber footed; dry footed if stale. Be sure to examine if the mouth of a wild duck smells fishy, for if so, it will have a rank taste.

Widgeons and Teal.

For newness and staleness, have recourse to the same tokens as for wild ducks. They feel thick and hard on the belly when fat, on the contrary when lean.

Of Wheatears, Dotterels, Ruffs, Gulls, Goodwets, Marle and Knots.

If these are young, their legs will be smooth; but if old, rough; if fresh and in good condition, the rump will be fat, and the feet limber; if stale, they will be dry footed.

Rabbits, Hares, Leverets.

The flesh of young rabbits is of a palish complexion and somewhat transparent, with very little fat about the kidneys; the claws and furr smooth and soft. In old rabbits the claws are very long and uneven, the fur harsh with grey hairs intermixed,

mixed, and the flesh is reddish with a pretty deal of rank fat about the kidneys. A fresh killed rabbit will be stiff and dry; if stale it will feel limber and slimy. Rabbits taken from the nest, commonly called stop rabbits, are by some esteemed a dainty.

If the claws of a hare be smooth and lie close, and the notch of the lip be but moderate it is a sign of its being young; the contrary if the cleft of the lip opens wide and the claws are ragged and part asunder. A fresh killed hare will handle stiff and the flesh be of a palish red, but if it has been long killed, the flesh will look black, and feel limber and slimy.

The best way of distinguishing a leveret, is not so much by the small size, in comparison with most grown hares, as by a small bony or grisly knob, which you may feel by the stroking your fingers down the fore leg just above the foot. This is an infallible token of a leveret. Whether it be new or stale, the same signs will hold good, as for the hare.

Of FISH, in Alphabetical Order.

Anchovie.

This little fish is very delicious, but it is seldom, if ever, seen in London, otherwise than in pickle. The *Sardina* of the Tagus is much like it, but larger.

Barbel.

Is best in the spring. *Bream* the same; they are both coarse fish.

Carp.

Comes in at Michaelmas, and lasts through the winter season. If new, the gills are lively and open easily,

easily, the fins stand out, and the eyes are bright; the contrary if stale.

God and Codling.

Come in at Michaelmas, and last good till the weather grows warm, in March or April. Choose them by the thickness of the shoulders, the whiteness of the flesh, when cut, and the redness of the gills.

Crabbs.

Are in season from the spring, to the end of the summer. Choose them by the redness of the shell and the weight; if they are stale and wasted, they will be light, the points of the claws limber, and their red colour turn darkish.

Crawfish.

Begin to be in season in the spring, and last through the summer.

Dabbs.

Are best from Michaelmas to Candlemas; they should be stiff, and their eyes not sunk.

Dace.

Is but an ordinary fish, but is best from Christmas to April or May.

Dorey, or John Dorey.

Comes in season towards Christmas, and continue so for some months; it is esteemed the most exquisitely flavoured fish brought to our tables, though very uncouth in appearance.

Eels.

Are never out of season, unless perhaps during the hottish summer months; those taken in clear running waters are greatly preferable to pond eels, which taste muddy. Our Thames eels, up the

river are exceeding fine; the more silvery ones are esteemed the best; the black Dutch eels, brought in vast quantities to Billingsgate-market, are the worst of all.

Flounders.

Are good about Michaelmas, and continue so for some months. Choose those which are stiff, and their eyes prominent; if they be sunk, or look dull, the fish is stale.

Gudgeons.

Come in before Midsummer, and last good till near Christmas.

Gurnets.

Come into season about Michaelmas, and continue for some months. When fresh they are of a fine red colour, and firm; when stale, they are of a pale dirty red and flabby.

Haddock.

Is in season from Michaelmas to the middle of March. When fresh, they are of a fine shining colour, and very firm; when stale, they are of a dusky pale, and flabby.

Herrings, fresh.

Are in season about the latter end of August, and continue 'till October. As soon as they begin to have roes they are fit for the table, but become insipid when they lose them: yet those which come up in mackerel season, are delicious, and fetch a good price, though they have no roes: when fresh, their gills are of a lively shining red. and the fish is stiff, and shines like silver with a bluish-green back; if their colour be faded, and they feel limber they are stale.

Herrings,

Herrings, pickled and dried.

If upon opening the back to the bone, the flesh be white, fleaky, and oily, and the bone white, or of a lively red, they are tokens of good white herrings. When red herrings are glossy, and of a warm golden brown, part well from the bone, and smell agreeably they are good. The best pickled herrings come from Shetland, the best red from Yarmouth.

Hollybet.

Is best in season from spring to Midsummer. It is naturally a very firm fish, and the firmer the better, provided it be not too new.

Jack, or Pike.

Is best in Michaelmas quarter, but is good the greatest part of the year, and to be chosen by the colour of the gills, and their fresh scent, also by the liveliness of their eyes: but few people chuse to buy these fish, or indeed any fresh water fish, unless they are alive. The Isis and Thames Jacks are the finest in this kingdom.

Lamprey.

Is best from Candlemas to Midsummer; when stale, the skin feels dry.

Lyng.

Seldom is brought fresh to London. Dried lyng should be chosen by its thickness at the shoulders, and the bright yellowness of the flesh.

Lobsters.

Begin to come in season late in the spring, and continue so all the summer. The weightiest are best, provided no water is plugged up in their shells. If alive and fresh, the claws will have a quick strong

strong motion, upon squeezing the eyes. If boiled, and fresh, the tail will be springy, and full of hard red skinned meat, if stale, the tail will be lank, and the whole flesh light, with a putrid stench. The cock lobster is esteemed the best, and may be distinguished by the narrowness of the back of the tail from the hen, whose tail is broader.

Mackrell.

Comes into season in May, but are best during the month of June; in July they are shotten, that is, lose their roe, and with it their relish. The gills should be red, the eyes full and fresh, the bodies stiff, and the skin glossy and shining.

Mullets.

Are in season the latter end of the summer; the sea Mullets are reckoned preferable to the river Mullets; and the red Mullets to the gray. They are good when firm and sweet.

Oysters.

Hold good from Sept. to March inclusive. The Pyefleet, Colchester, and Milford oysters are by far the best relished, and the two first come to London in small barrels; but the native Melton oysters, are the whitest and fattest.

Pearcb.

Are good the greatest part of the year; but are best from Michaelmas to March; the liveliness of their eye, and the stiffness and standing up of their fins, are tokens that they are fresh and good.

Plaife.

Come into season about August. If the eyes stick out and shine, and the bodies are stiff, they are new, if the contrary, they are stale.

Prawns.

Prawns.

Are good in the spring and summer, the shell should be of a bright red, their smell when fresh is very agreeable; when stale, they cast a faint smell, and the shell faded.

Roach.

Is a coarse bony fish, best in April and May.

Salmon.

Fresh Salmon is in season in February, and continues for some months, that of the river Thames is esteemed the most excellent, and fetches the best price; though some prefer that of the river Severn. The redness of the flesh, its firmness and the splendidence of the scales, are infallible tokens of its being new. Of pickled salmon, the flesh should be oily and flakey, without crumbling; the scales stiff and shining, and the pickle smooth, and relishing, but neither salt nor sour.

Scallops.

Fresh Scallops are best about Christmas, but are seldom found in the London markets. Pickled scallops are reckoned delicious; we have them chiefly from Devonshire and Cornwall.

Scate.

Comes in at Michaelmas, and continues best part of the spring; it is chosen by its thickness, and whiteness. The she scate is deemed the best, especially if large. If fresh caught it eats tough; if over stale, it has a urinous scent.

Smelts.

Come in the latter end of March, sometimes sooner. During the summer months, they are not altogether in season, but become fine again after Michaelmas,

Michaelmas, and hold good till after Christmas. When fresh, they are of a beautiful silvery hue, and have a very agreeable scent, somewhat like that of a green rush, or a fresh cucumber.

Soals.

Are best in the Michaelmas and Christmas quarters. The thickness and stiffness of them are good tokens, and those, whose backs are black, and bellies of a cream colour, eat best.

Sturgeon.

Is the largest by far of all esculent fish, measuring sometimes fifteen or sixteen feet in length: They abound most in the Severn and Tyne, and are sometimes taken in the River Thames. Its season is the summer months. It is brought to table broiled, roasted, baked, or pickled. It should cut without crumbling; the veins, and gristly parts, should be of a bluish complexion; and the flesh very white and firm. The caveare, or spawn of the sturgeon, has a delicious relish.

Tench.

Is in season about Michaelmas, and continues all the winter. It may be known to be new, or stale, by the colour of the gills and the scent of them, and the stiffness or flabbiness of the fins.

Thornback.

Is in season at Michaelmas, and may be known by the rules laid down for the Skate.

Trout.

The season for this fish is May, and June; the best sort inhabits fresh running streams, with a gravelly bottom; if the fish has bright red spots among his scales, it is a true trout and in season; if not it is a salmon trout, or out of season.

Turbot.

Turbot.

Is a fish in the highest request, and is in season, as long as any; least in winter; his belly should be of a cream-colour, and his body thick and plump.

Turtle.

Few know how to judge of the condition of this animal, but such as have made it, in some sort, their peculiar business. The general indications of a good turtle, are the strength of his efforts in motion; the thickness of his collar, and a certain protuberance or pouting out of the shell about the breast. If, on the contrary, he keeps quiet and still when he is tumbled about, if he be slender in the neck, and the breast part of the shell be depressed and flatted, he is in a languid state, and wasting.

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A

MARKETING TABLE.

By the P O U N D.

Beef, Mutton, Veal, Lamb, Pork, per lb.	Two Pound	Three Pound	Four Pound	Five Pound	Six Pound	Seven Pound
d.	s. d.	s. d.	s. d.	s. d.	s. d.	s. d.
1	0 2	0 3	0 4	0 5	0 6	0 7
1 $\frac{1}{4}$	0 2 $\frac{1}{2}$	0 3 $\frac{3}{4}$	0 5	0 6 $\frac{1}{4}$	0 7 $\frac{1}{2}$	0 8 $\frac{3}{4}$
1 $\frac{1}{2}$	0 3	0 4 $\frac{1}{2}$	0 6	0 7 $\frac{1}{2}$	0 9	0 10 $\frac{1}{2}$
1 $\frac{3}{4}$	0 3 $\frac{1}{2}$	0 5 $\frac{1}{4}$	0 7	0 8 $\frac{3}{4}$	0 10 $\frac{1}{2}$	1 0 $\frac{1}{4}$
2	0 4	0 6	0 8	0 10	1 0	1 2
2 $\frac{1}{4}$	0 4 $\frac{1}{2}$	0 6 $\frac{3}{4}$	0 9	0 11 $\frac{1}{4}$	1 1 $\frac{1}{2}$	1 3 $\frac{3}{4}$
2 $\frac{1}{2}$	0 5	0 7 $\frac{1}{2}$	0 10	1 0 $\frac{1}{2}$	1 3	1 5 $\frac{1}{2}$
2 $\frac{3}{4}$	0 5 $\frac{1}{2}$	0 8 $\frac{1}{4}$	0 11	1 1 $\frac{3}{4}$	1 4 $\frac{1}{2}$	1 7 $\frac{1}{4}$
3	0 6	0 9	1 0	1 3	1 6	1 9
3 $\frac{1}{4}$	0 6 $\frac{1}{2}$	0 9 $\frac{3}{4}$	1 1	1 4 $\frac{1}{4}$	1 7 $\frac{1}{2}$	1 10 $\frac{3}{4}$
3 $\frac{1}{2}$	0 7	0 10 $\frac{1}{2}$	1 2	1 5 $\frac{1}{2}$	1 9	2 0 $\frac{1}{2}$
3 $\frac{3}{4}$	0 7 $\frac{1}{2}$	0 11 $\frac{1}{4}$	1 3	1 6 $\frac{3}{4}$	1 10 $\frac{1}{2}$	2 2 $\frac{1}{4}$
4	0 8	1 0	1 4	1 8	2 0	2 4
4 $\frac{1}{4}$	0 8 $\frac{1}{2}$	1 0 $\frac{1}{4}$	1 5	1 9 $\frac{1}{4}$	2 1 $\frac{1}{2}$	2 5 $\frac{3}{4}$
4 $\frac{1}{2}$	0 9	1 1 $\frac{1}{2}$	1 6	1 10 $\frac{1}{2}$	2 3	2 7 $\frac{1}{2}$
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5	0 10	1 3	1 8	2 1	2 6	2 11
5 $\frac{1}{4}$	0 10 $\frac{1}{2}$	1 3 $\frac{3}{4}$	1 9	2 2 $\frac{1}{4}$	2 7 $\frac{1}{2}$	3 0 $\frac{3}{4}$
5 $\frac{1}{2}$	0 11	1 4 $\frac{1}{2}$	1 10	2 3 $\frac{1}{2}$	2 9	3 2 $\frac{1}{2}$
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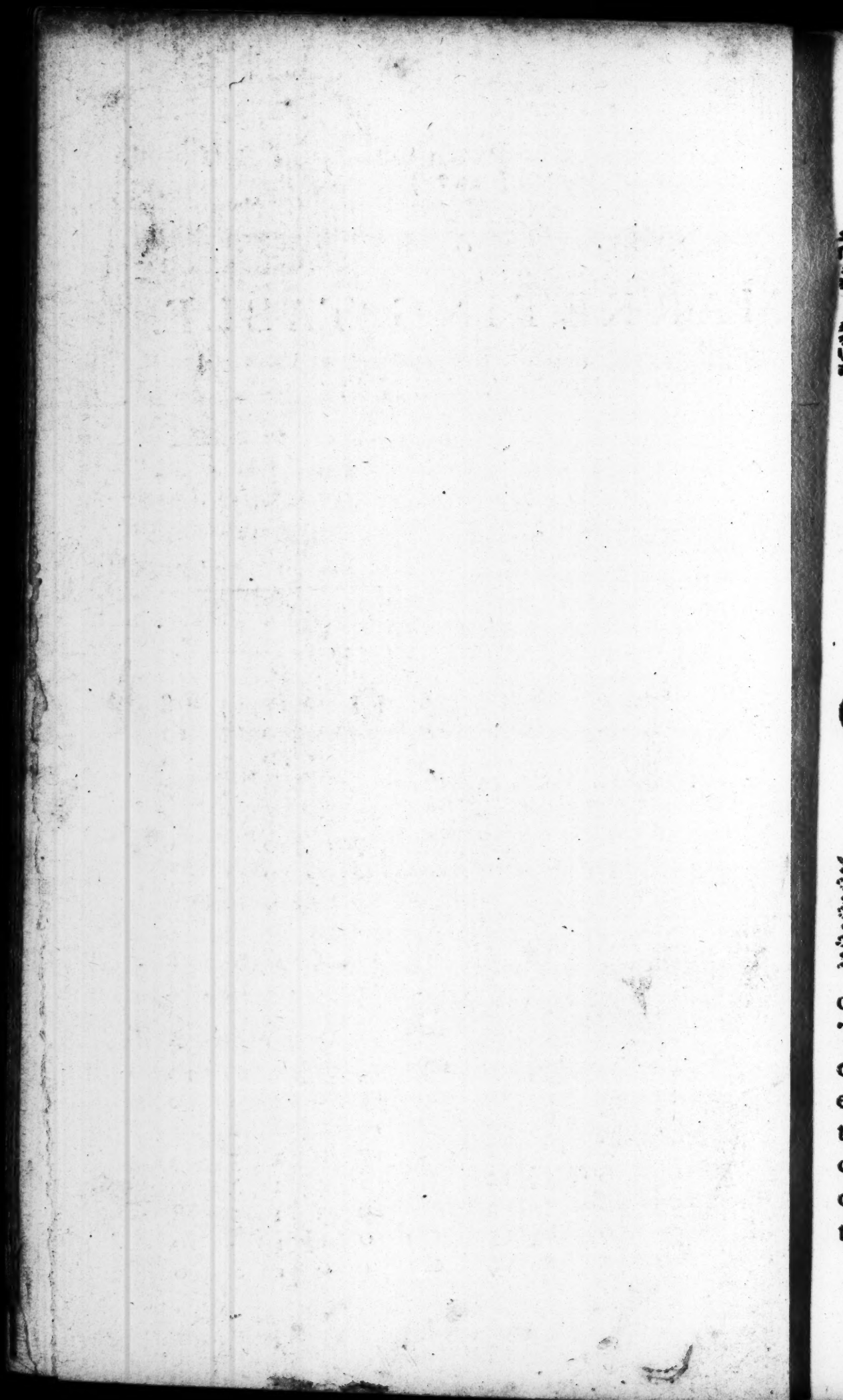
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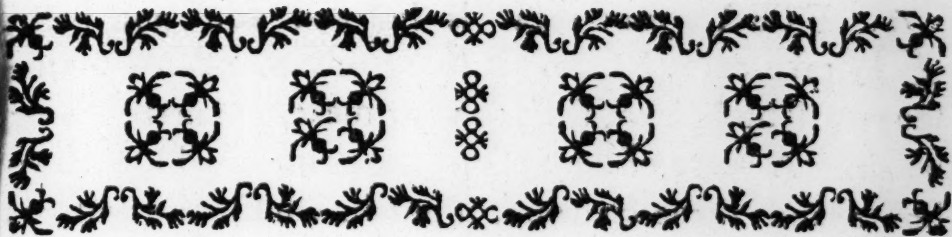
A

MARKETING TABLE.

By the S T O N E.

Beef, Mutton, Veal, Lamb, Pork, &c. at per lb.	1 Stone or 14 lb. is	2 Stone or 28 lb. are	3 Stone, or 42 lb. are	4 Stone or 56 lb. are
d.	s. d.	s. d.	l. s. d.	l. s. d.
1	1 2	2 4	3 6	0 4 8
$1\frac{1}{4}$	1 $5\frac{1}{2}$	2 11	4 $4\frac{1}{2}$	0 5 10
$1\frac{1}{2}$	1 9	3 6	5 3	0 7 0
$1\frac{3}{4}$	2 $0\frac{1}{2}$	4 1	6 $1\frac{1}{2}$	0 8 2
2	2 4	4 8	7 0	0 9 4
$2\frac{1}{4}$	2 $7\frac{1}{2}$	5 3	7 $10\frac{1}{2}$	0 10 6
$2\frac{1}{2}$	2 11	5 10	8 9	0 11 8
$2\frac{3}{4}$	3 $2\frac{1}{2}$	6 5	9 $7\frac{1}{2}$	0 12 10
3	3 6	7 0	10 6	0 14 0
$3\frac{1}{4}$	3 $9\frac{1}{2}$	7 7	11 $4\frac{1}{2}$	0 15 2
$3\frac{1}{2}$	4 1	8 2	12 3	0 16 4
$3\frac{3}{4}$	4 $4\frac{1}{2}$	8 9	13 $1\frac{1}{2}$	0 17 6
4	4 8	9 4	14 0	0 18 8
$4\frac{1}{4}$	4 $11\frac{1}{2}$	9 11	14 $10\frac{1}{2}$	0 19 10
$4\frac{1}{2}$	5 3	10 6	15 9	1 1 0
$4\frac{3}{4}$	5 $6\frac{1}{2}$	11 1	16 $7\frac{1}{2}$	1 2 2
5	5 10	11 8	17 6	1 3 4
$5\frac{1}{4}$	6 $1\frac{1}{2}$	12 3	18 $4\frac{1}{2}$	1 4 6
$5\frac{1}{2}$	6 5	12 10	19 3	1 5 8
$5\frac{3}{4}$	6 $8\frac{1}{2}$	13 5	1 $1\frac{1}{2}$	1 6 10
6	7 0	14 0	1 1 0	1 8 0





T H E
M O D E R N A R T
O F
C O O K E R Y, &c.

Directions for Boiling.

IN the first place be very careful that your pots
sauce-pans, and covers are well tinned with
pure tin, without any intermixture of lead,
which has often proved of pernicious conse-
quence: They must be very clean, and free from sand.
The next thing is, to shew what time a joint or piece
of meat will require; and that you may not be deceiv-
ed, you must mind that your pot really boils all the
time; by neglecting which, you will be disappointed in
dressing any joint, although it has been a proper time
over the fire. All fresh meats should be put in when
the water boils, and salt meats whilst it is cold.

To Boil Beef or Mutton.

AFTER your meat is in, and your pot boils, take care to scum it very clean, otherwise the scum will boil down, stick to your meat, and make it look black. A piece of beef of twelve pounds will take two hours and three quarters, if put in whilst the water is cold; a leg of mutton of eight pounds will take two hours, put in when the water boils; and so in proportion to the weight of your joint.

To boil Veal.

LET your pot boil, and have a steady fire when you put in your meat; be sure to scum it very well. A knuckle of veal of eight pounds will take two hours, and so in proportion for a larger or lesser joint.

To Boil Lamb.

MOST cooks boil their Lamb in a cloth, that it may look the whiter, and have a notion that it requires less time than mutton, or veal, because it is younger; but as to both these they are mistaken: for a leg of lamb of five pounds will be boiled in less than an hour and if, as it ought to be, it be boiled in a good deal of water, and your pot be kept clean scummed, you may send it to table as white as a chicken.

To Boil a Turkey, Fowl, Rabbit, Duck, &c.

ALL poultry and rabbits are best boiled by themselves, and without a cloth; do it in a good deal of water, scum your pot clean, and you need not be afraid of their going to table of a bad colour. A large turkey, with a force meat in the craw, will take two hours; one without, an hour and a half; a hen turkey, three quarters of an hour; a large fowl forty minutes; a small one, half an hour, a large chicken twenty minutes, and a small one

one, a quarter of an hour. A full grown goose salted; an hour and a half; a large duck, near an hour; a young rabbit, half an hour.

To Boil a Ham.

IF you have an old ham, it is best to soak it over night, the next morning scrape it very clean, and pare away all the dirt from the underside. A ham requires a great deal of water, therefore a copper is best to boil it in; put it into the water cold, and let it be at least two hours before it boils; all that time only let it simmer, and allow a full quarter of an hour to every pound of ham; for instance a ham of twenty pounds weight will take five hours, after your copper begins to simmer; by this means your ham will eat tender and well.

If it is a new ham, you need not soak it; only pare it and scrape it clean, put it into the water cold, allowing the same time as you did for the other.

To Boil a Tongue.

IF it is a dried tongue, soak it over night; the next day put it into cold water, and let it have a good deal of room; it will take at least four hours. If it is a green tongue out of the pickle, you need not soak it, but it will require near the same time. About an hour before you send it to table, take it out and blanch it, then put it into the pot again till you want it, by this means it will eat the tenderer.

To dress Greens, &c.

IN dressing of greens, or other sorts of kitchen garden herbs, great care must be taken that they are clean washed, not only from the dirt that falls in them after rain, but you must examine that there be no small snails, or caterpillars between the leaves; and that all the coarse

outer leaves be taken off with the tops of the leaves that have received any injury by the weather. Next wash them in a good deal of water, and put them into a cullender to drain. Care must be likewise taken, that your pot or sauce-pan be clean, well tinned, and free from sand, or grease.

To dress Cabbage.

IF your cabbage is large, cut it into quarters ; if small cut it in half, let your water boil, then put in a little salt, and next your cabbage, with a little more-salt upon it ; make your water boil as soon as possible, when the stalk is tender, take up your cabbage into a cullender, or sieve, that the water may drain off, and send it to table as hot as you can. Savoy's are dressed in the same manner.

To dress Sprouts.

PICK and wash your sprouts very clean, and see there are no snails or grubs between the leaves, cut them cross the stem but not the heart ; after they are well washed, take them out of the water to drain ; when your water boils, put in some salt, and then the sprouts, with a little more salt on them : make them boil quick, and if any scum arises take it clean off. As soon as the stalks are tender strain them off, or they will not only lose their colour, but likewise their flavour.

To dress Spinnage.

THERE is no herb requires more care in the washing, than spinnage ; you must carefully pick it leaf by leaf, take off the stalks, and wash it in three or four waters ; then put it into a cullender to drain. It does not require much water to dress it : a pint in a Sauce-pan that holds two quarts, will dress as much spinnage

nage as is generally wanted for a small family. When your water boils put in your spinnage, with a small handful of salt; pressing it down with a spoon as you put it into the sauce-pan; let it boil quick, and as soon as tender put it into a sieve or cullender, and press out all the water. When you send it to table, raise it up with a fork, that it may lay hollow in the Dish.

To dress Brocoli.

STRIP off the small branches from the great one, then with a knife peel off the hard outside skin, till you come to the top, which is on the stalks and small branches, and throw them into a pan of clean water as you do them. Have water boiling in a stew-pan, with salt in it; when it boils put in your brocoli, and as soon as the stalks are tender, they are enough. Take them up with a skimmer, and be careful you do not break the heads off. Some like a toast baked, and laid in the dish with the brocoli upon it, and sent to table with a little melted butter poured over it.

To dress French-Beans.

TAKE your beans and string them; cut them in two, and then across; when you have done them all, sprinkle them over with salt, and stir them together. As soon as your water boils, put them in, salt and all; make them boil up quick. They will be soon done, and look of a better green than when growing in the garden. If they are very young, only take off the ends, break them in two, and dress them in the same manner.

To dress Artichokes.

WRING off the stalk close to the artichokes: Throw them into water and wash them clean; then put them into a pot or sauce-pan. They will

take better than an hour after the water boils; but the best way is to take out a leaf, and if it draws easy, they are enough. Send them to table with butter in tea-cups between each artichoke.

To dress Asparagus.

FIRST cut the white end off about six inches from the head, and scrape them from the green part downward very clean. As you scrape them, throw them into a pan of clean water: and after a little soaking, tie them up in small even bundles. When your water boils, put them in, and boil them up quick; but by over boiling they will lose their heads. Cut a slice of bread for a toast, and bake it brown on both sides. When your grass is done, take them up carefully; dip the toast in the asparagus water and lay it in the bottom of the dish; then lay the heads of the asparagus on it with the white ends outwards; pour a little melted butter over the heads; cut an orange into small quarters, and stick them between for garnish.

To dress red Cabbage.

TAKE a red cabbage, quarter it, and cut out the stalk, put it into your sauce-pan when the water boils, and strew over it some salt; let it boil till tender, and when drained from the liquor, cut it in pieces; put it into a sauce-pan with a piece of butter, keep it stirring till the butter is melted; add a little salt, shake all together, and send it hot to table.

To dress Pease.

WHEN your pease are shelled, and the water boils, which should not be much more than will cover them, put them in with a few leaves, of mint: As soon as they boil, throw in a peice of butter as big as a walnut,

walnut, and stir them about; when they are enough, strain them off and sprinkle on a little salt; shake them till the water drains off; send them hot to table, with melted butter in a cup.

To dress Beans.

BEANS require a good deal of water, and it is best not to shell them till just before they are ready to go into the pot. When the water boils, put them in with some pick'd parsley, and some salt: Make them boil up quick, and when you see them begin to fall, they are enough. Strain them off. Garnish the dish with boiled parsley, and send plain butter in a cup or boat.

To stew Cucumbers.

TAKE large cucumbers that are not yet seeded; pare and slice them as thick as a half crown, slice two large onions thin; lay them upon a cloth and dry them; dust on some flour, and fry them in butter of a pale brown; pour out all the fat, and put in some good gravey, seasoned with pepper and salt. When it boils roll a piece of butter in flour and break it in, and keep it shaking till it is of a proper thickness. Scum it very clean; and a tea-spoonful of vinegar, and send it to table.

Directions for Roasting

IT is difficult to give general rules about roasting, any more than for boiling, as sometimes the fire is neglected, or the meat not kept at a proper distance, to prevent scorching or palling: But allowing a quarter of an hour for every pound of meat at a steady fire, your expectations will hardly ever fail, from a sirloin of beef to a small joint: Nevertheless, I shall mention some particular observations as to beef, mutton, lamb, veal, pork, &c.

To roast Beef.

IN the first place, you must take care that your spit and dripping-pan be very clean, and to prepare your fire according to the size of the joint you are to dress. If it be a sirloin or chump ; butter a piece of writing-paper, and fasten it on to the back of your meat, with small skewers, and lay it down to a soaking fire, at a proper distance. As soon as your meat is warm, dust on some flour, and baste it with butter ; then sprinkle some salt, and at times, baste with what drips from it. About a quarter of an hour before you take it up, remove the paper, dust on a little flour, and baste with a piece of butter, that it may go to table with a good froth, but not look greasy.

To roast Mutton.

IF you have a chine, or saddle of mutton to dress, let the skin be raised, and then skewered on again ; this will prevent it from scorching, and make it eat mellow : A quarter of an hour before you take it up, take off the skin, dust on some flour, and baste it with butter : Sprinkle on a little salt. As the chine, saddle, and leg, are the largest joints, they require a stronger fire than the shoulder, neck or loin ; and it is best to have the skin taken off the loin, for by roasting it on, it is apt to eat greasy.

To roast Lamb.

WHEN you roast lamb, lay it down to a good fire that will want little stirring ; then baste it with butter, and dust on a little flour ; after that, baste it with what falls from it ; and a little before you take it up, baste it again with butter, and sprinkle on a little salt.

To

To roast Veal.

WHEN you roast the loin, or fillet, paper the underpart of the fillet, to prevent it from scorching; let your fire be good, and lay the meat at first, some distance from it, that it may soak; baste it first well with butter, then dust on a little flour. When it has soaked some time, draw it somewhat nearer: A little before you take it up, baste it again. The breast you must roast with the caul on, with the sweetbread skewered on the backside: When it is near enough, take off the caul and baste it with butter. It is proper to have a toast nicely baked, and laid in the dish with your loin of veal. There is nothing makes meat look so well, as sending it up to table with a good froth on it.

To roast Pork.

PORK requires more doing than any other meat; and it is best to sprinkle it with a little salt the night before you use it, and hang it up; by that means it will take off the faint and sickly taste.

When you roast a chine of pork, lay it down to a good fire, and at a proper distance, that it may be well soaked, otherwise it eats greasy, and disagreeable.

A spare-rib is to be roasted with a fire that is not too strong but clear; when you lay it down, dust on some flour, and baste it with butter: A quarter of an hour before you take it up, shred some sage small; baste your pork; strew on the sage; dust on a little flour, and sprinkle a little salt just before you take it up.

A loin must be cut on the skin in small streaks, and then basted; but put no flour on, which would make the skin blister: And see that it is jointed before you lay it down to the fire.

A leg

A leg of pork is often roasted with sage and onion shred fine, with a little pepper and salt, and stuffed at the knuckle, with gravy in the dish: But a leg of pork done in this manner, parboil it first, and take off the skin; lay it down to a good clear fire: Baste it with butter, then shred some sage fine, and mix it with pepper, salt, nutmeg, and bread crumbs: Strew this over it the time it is roasting: Baste it again with butter, just before you take it up, that it may be of a fine brown, and have a good froth: Send up some good gravy in the dish. A griskin roasted in this manner eats finely.

To dress Venison.

AFTER a haunch of venison is spitted, take a piece of butter, and rub all over the fat, dust on a little flour, and sprinkle a little salt: Then take a sheet of writing-paper, butter it well, and lay over the fat part; Put two sheets over that, and tie the paper on with small twine: Keep it well basting, and let there be a good soaking fire. If a large haunch, it will take full three hours to do it. Five minutes before you send it to table, take off the paper, dust it over with a little flour, and baste it with butter; let it go up with a good froth; put no gravy in the dish, but send it in one boat, and currant jelly melted, in another; or, if you have no currant jelly, boil half a pint of red wine with a quarter of a pound of lump sugar, a stick of cinnamon, and a piece of lemon peel in it, to a syrup: The neck and shoulder are dressed the same way; and as to the time, it depends intirely on their weight, and the goodness of your fire: if you allow a quarter of an hour to each pound, and the fire be tolerably kept up, you cannot well err.

To dress a Breast of Venison.

FLOUR your venison, and fry it brown on both sides in fresh butter : Keep it hot in a dish, dust flour into the butter it was fried in, till it is thick and brown. Keep it stirring, that it may not burn : pour in half a pint of red wine, and a quarter of a pound of powdered sugar : Stir it, and let it boil to a proper thickness. Squeeze in the juice of a lemon, take off the scum very clean, and pour it over your venison, then send it to table.

To boil a Haunch of Venison.

SALT the haunch well, and let it lay a week ; then boil it with a colliflower, some turnips, young cabbage, and beet-roots ; lay your venison in the dish, dispose the garden things round it, and send it to table.

To roast a Turkey, Goose, Fowl, &c,

WHEN you roast a turkey, goose, fowl or chicken, lay them down to a good clear fire. Singe them clean with a piece of white paper and baste them with good butter. Dust on some flour. As to time, a large turkey will take an hour and twenty minutes ; a middling one a full hour ; a full grown goose, if young, an hour ; a large fowl three quarters of an hour ; a middling one half an hour, and a small chicken twenty minutes. If you go by time, it depends intirely on the goodness of your fire, but observe when your fowl is thoroughly plump, and the smoak draws from the breast to the fire, you may lay it down for a constant rule, that they are very near done. Then baste them with a piece of butter ; dust on a very little flour, and as soon as they have a good froth, you may draw them off

Wild

Wild Ducks, Widgeon, or Teal.

WILD fowl are in general liked rather underdone; and if your fire is very good and brisk, a duck or widgeon will be done in a quarter of an hour; for as soon as they are well hot through, they begin to lose their gravy, and if not drawn off, will eat hard. A teal is done in little more than ten minutes.

Woodcocks, Partridges, or Snipes.

A Partridge will take full twenty minutes; a woodcock the same time, and a snipe a little more than a quarter of an hour.

By this means you may regulate the sending your second course to table, if you have a good brisk fire when you lay your birds down.

To roast a Hare.

HAVING your hare cased and truss'd, make a pudding thus. A quarter of a pound of beef suet minced fine; as much bread crumbs; the liver chopped fine; parsley and lemon-peel shred fine, season'd with pepper, salt and nutmeg. Moisten it with an egg, and put it into the hare; sew up the belly, and lay it down to a good fire: Let your dripping-pan be very clean, put into it a quart of milk, and six ounces of butter, and baste it with this till the whole is used: About five minutes before you take it up, dust on a little flour, and baste with fresh butter, that it may go to the table with a good froth. Put a little gravy in the dish, and the rest in a boat; garnish your dish with lemon.

A good way to dress a Hare.

WHEN your hare is cased, cut it in two, just below the ribs: Cut the fore quarters in pieces and put them into a clean stew-pan with a blade or two of mace,

mace, an onion stuck with cloves, some whole pepper an anchovy, and a faggot of sweet herbs. Cover it with water, and let it stew. Make a pudding, and put it into the belly of the other part. Lard the haunches, and roast them ; dust them over with flour, and baste them well with butter ; when your stew is tender, take it out with a fork into a dish, and strain off the liquor ; put it into the stew-pan again with the hare, a glass of red wine, a spoonful of good catchup, and a piece of butter rolled in flour ; shake all together, 'till it is of a good thickness ; take up your roasted hare, and lay in the middle of your dish, with the stew round it ; pour over your sauce, and send it up garnished with lemon ; send some good gravy in a boat.

To dress a Pig the French Way.

ROAST your pig till half done ; then cut him up into a good many pieces, which season with mace, nutmeg, pepper, and salt, onion cut small, and a few sweet herbs shred fine, with an anchovy bruised ; put them into a stew-pot, with some good gravy, and a gill of white wine, and let them stew till tender. If your gravy is a good deal wasted, add more to it, with a piece of butter rolled in flour, of a good thickness, scum it very clean, and dish it up, but squeeze in a little orange, or lemon, first ; garnish the dish with orange or lemon.

To dress Pig like Lamb.

TAKE the fore quarter of a large fat pig, take off the sword, truss it as you do a quarter of lamb, lay it down to the fire, first baste it with salt and water, then dust it with flour, and baste it with butter ; let it be roasted enough, and of a nice brown. Just before you

take it up, sprinkle on some salt, and strew on some partly shred fine; send it to table with mixt sauce garnish your dish with orange.

To roast a Pig.

S PIT your pig, and lay it down to a clear fire, kept good at both ends: Put into the belly a few sage leaves, a little pepper and salt, a little crust of bread, and a bit of butter, then sew up the belly; flour him all over very well, and so till the eyes begin to start. When you find the skin is tight and crisp, and the eyes are drop'd, put two plates into the dripping-pan, to save what gravy comes, from him: Put a quarter of a pound of butter into a clean coarse cloth, and rub all over him till the flour is clean taken off; then take it up into your dish, take the sage, &c. out of the belly, and chop it small; cut off the head, open it, and take out the brains, which chop, and put the sage and brains into half a pint of good gravy, with a piece of butter rolled in flour; then cut your pig down the back, and lay him flat in the dish: Cut off the two ears, and lay one upon each shoulder; take off the under jaw, cut it in two, and lay one on each side; put the head between the shoulders; pour out the gravy out of the plates into your sauce, and then into the dish: Send it to table garnished with a lemon.

To roast Woodcocks or Snipes.

S PIT them on a small bird-spit; flour them, and baste them with butter: Have ready a slice of bread toasted brown; which lay in a dish, and set it under your birds, for the trail to drop on. When they are enough, take them up, and lay them on the toast; put some good gravy in the dish, and some melted butter in a cup; garnish your dish with orange or lemon.

Snipes

Snipes or Woodcocks in Surtout.

HALF roast your snipes and woodcocks, and save the trail; then make a force-meat with veal, and as much beef suet chop'd, and beat in a mortar; add an equal quantity of bread crumbs; season it with beaten mace, pepper, salt, parsley, and sweet herbs shred fine; mix all together, and moisten it with the yolk of eggs. Lay a rim of this force-meat round the dish, then put in your snipes and woodcocks.

Take strong gravy, according to your dish, with morels and truffles, a few mushrooms, a sweetbread cut in pieces, and an artichoke bottom cut small: Let all stew together, then beat up the yolks of two or three eggs with a little white wine; pour this into your gravy, and keep it stirring till it is of a proper thickness, then let it stand to cool; work up the remainder of your force-meat, and roll it out as you do paste; pour your sauce over the birds, and lay on your force-meat; close the edges, and wash it over with the yolk of eggs, and strew bread crumbs over that; send it to the oven about half an hour, and then to table as hot as you can.

Snipes in Ragoo.

SLIT them down the backs, but don't take out the insides; to'st them up with a little melted bacon fat seasoned with pepper and salt, and a little mushroom catchup; when they are enough, squeeze in a little juice of lemon, and serve them up.

To roast Ortolans.

YOU may lard them with bacon, or roast them without, putting a vine leaf between each; spit them

them side-ways, baste them with butter, and strew bread crumbs on them while roasting: Send them to table with fried bread crumbs round, garnished with lemon, and good gravy sauce in a boat.

To dress Ruffs and Riefs.

YOU may fatten them as you do chickens, with white bread, milk and sugar. They feed fast, and will die in their fattening, if not killed in time. When you dress them, draw them, and truss them cross-legged as you do snipes, and spit them the same way; lay them upon a buttered toast, pour out good gravy into the dish, and serve them up.

To roast Quails.

TRUSS them, and stuff their bellies with beef suet and sweet herbs shred very fine, and seasoned with a little spice: When they grow warm, baste them with salt and water, then drudge them, and baste them with butter; for sauce dissolve an anchovy in good gravy, with two or three shallots shred very fine, and the juice of a Seville orange; dish them up in this sauce, and garnish your dish with fried bread crumbs and lemon; send them to table as hot as possible.

To roast Pheasants.

TAKE a brace of pheasants, lard them with small lards of bacon; butter a piece of white paper, and put over the breasts, and about ten minutes before they are done, take off the paper; flour and baste them with nice butter, that they may go to table with a fine froth. Put good gravy in the dish, and bread sauce, as for partridges, in a boat; garnish your dish with lemon.

To

To stew Pheasants.

STEW your pheasants in a strong veal-gravy. While they are simmering, prepare artichock bottoms cut in dice, and some chesnuts roasted, blanch'd, and cut in four : Let your pheasants stew till your gravy is half wasted : then scum it very clean, and put in your chesnuts, and artichock bottoms ; season with a little beaten mace, pepper, and salt, a small glass of white wine, and a little juice of lemon. If your sauce is not thick enough, roll a piece of butter, and let it boil up : In case any scum arises, take it clean off : dish your pheasants, and pour the sauce over them, garnish with lemon.

To boil Pheasants.

TAKE a brace of fine pheasants, boil them in a good deal of water ; if large, three quarters of an hour will do them, if small half an hour. For sauce use strewed cellary, thickened with cream, and a piece of butter rolled in flour, a little salt and nutmeg grated, and a spoonful of white wine. Dish up your pheasants, and pour the sauce over them ; garnish your dish with orange cut in quarters.

To roast Partridges.

WHEN they are a little under-roasted, drudge them with flour, and baste them with fresh butter : Let them go to table with a fine froth, good gravy sauce in the dish, and bread-sauce in a bason. Make your bread-sauce thus : Take a good piece of stale bread, and put it into a pint of water, with some whole pepper, a blade of mace, and a bit of onion : Let it boil till the bread is soft ; then take out the spice and onion ; pour out the water, and beat the bread with a spoon till it is like pap ; put in a good piece of butter,

and a little salt ; set it over the fire for two or three minutes ; then put it into your boat. Garnish the partridges with sliced orange or lemon.

To boil Partridges.

LET them boil quick, in a good deal of water, a quarter of an hour will do them ; for sauce, par-boil the livers, and scald some parslly : Chop these fine ; melt some fresh butter, and put the livers and parslly to it ; squeeze in a little lemon, give it a boil up, and pour it over your birds, garnished with lemon.

Partridges barded.

HAVING trussed your partridges, bard the breast with fat bacon, and a vine leaf, which you must tie on with coarse thread : Let them be roasted nicely, and not over-done : Have some grated bread crumbs fried in butter, of a fine brown. When your partridges are done, draw them off the spit, and take off the thread, leaving the bards on them : Dish them up, and put the bread crumbs between. Garnish your dish with orange, and send good gravy in a boat.

To dress Plovers.

GREEN plovers are roasted as you do woodcocks : Lay them upon a toast, and put good gravy sauce in the dish. Grey plovers are roasted, or stewed, thus : Make a force-meat of artich oak bottoms cut small, the yolks of two hard eggs bruised ; beef suet, or marrow, shred fine ; some sweet herbs cut small, season'd with pepper, salt, and nutmeg : Stuff the bellies, and put the birds into a sauce-pan with a good gravy just to cover them, a glass of white wine, and a blade of mace ; cover them close, and stew them softly, till they are tender ; then take up your plovers into
your

your dish; put a piece of butter, rolled in flour, to thicken the sauce; let it boil till smooth; squeeze in a little lemon; scum it clean, and pour your sauce over: Garnish your dish with orange.

To dress Larks.

TRUSS your larks with the legs cross, and put a sage leaf over the breast; put them upon a long fine skewer, and between every lark a little piece of thin bacon; then tie the skewers to a spit, and roast them at a quick, clear fire; baste them with butter, and strew over them some crumbs of bread mixed with flour: Fry some bread crumbs of a nice brown, in a bit of butter; lay your larks round in your dish, the bread crumbs in the middle, with orange for garnish. Send good gravy in a boat.

To dress Larks Pear Fashion.

TRUSS your larks close, and cut off one leg; season them with mace, pepper and salt, and make a force-meat thus: Take a veal sweet-bread, as much beef suet, a few morels, and mushrooms; chop these very fine with a little lemon-peel, and sweet herbs shred fine; mix all together, and moisten it with the yolk of an egg: Wrap up every lark in this force-meat, and shape it like a pear, leaving the leg for the stalk; wash them over with the yolk of an egg, and strew them over with bread crumbs; bake them in a gentle oven, of a fine brown; serve them up without sauce.

They are a good garnish for a fine made dish.

Ducks a la Mode.

CUT up a couple of ducks into quarters, and fry them in butter, of a light brown; pour out all the fat, and dust in a little flour; then put in half a pint

pint of strong gravy, a gill of red wine, two shallots, and an anchovy cut small, with a faggot of sweet herbs, and a little whole pepper; cover it close, and stew it for twenty minutes; take up your ducks into the dish you send them up in; strain your sauce, and scum it very clean; give it a boil up, with a bit of butter rolled in flour, till it is as thick as cream; pour it over your ducks, and send them to table garnished with orange or lemon.

To dress a wild Duck the French Way.

HALF-roast your duck, then nicely carve it, leaving the joints hanging together; dust on some pepper, and squeeze a Seville-orange over it; turn it on the breast, and press it down with a plate; set over it a stove, and add to it two spoon-fulls of strong gravy; put a dish over it, and let it stew for eight minutes; send it to table in the same dish, turning the breast uppermost, garnished with lemon.

To boil Ducks the French Way.

TAKE a couple of fine ducks, lard them with bacon, and half-roast them; then put them into a clean stew-pan, with half a pint of red wine, a pint of good gravy, the crust of a French roll grated in half a pint of oysters bearded; two little onions cut small, a little thyme shred fine, a few chesnuts roasted, and cut in pieces. Season with pepper, salt, and a little beaten ginger; cover your stew pan very close, and let them stew for half an hour over a slow fire; scum them very clean, then dish them up; pour the sauce over them, and garnish the dish with lemon and chesnuts blanched.

To

To dress a green Goose with green Sauce.

ROAST your goose nicely; in the mean time, make your sauce thus: Take half a pint of the juice of sorrel, a spoonful of white wine, a little nutmeg grated, and some grated bread; boil this over a gentle fire, and sweeten it with pounded sugar to your taste; let your goose have a fine froth on it before you take it up; let there be good strong gravy in the dish, and the sauce in a boat. Garnish with lemon.

Pigeons a la Daube.

HAVE as many pigeons trussed short as you want for your dish; then make a force-meat of veal, beef suet, crumbs of bread, parley a little thyme, and lemon-peel chopped very fine, season it with beaten mace, nutmeg, pepper, and a little salt; beat these ingredients in a marble mortar, and moisten them with the yolk of an egg; fill the pigeons, and press down the breast; then fry them of a fine brown in butter; pour out all the fat, and put to them as much strong gravy as will be sufficient for sauce; cover them down close, and let them stew over a stove twenty minutes; roll a piece of butter in flour, and put into your stew pan; keep it shaking round till it is of a good thickness; scum it very clean, and have ready a thin slice of bacon toasted for every pigeon, with the rind cut off: Dish up your pigeons, and lay a piece of bacon upon the breast of each; pour the sauce all over, and garnish your dish with orange cut in small quarters.

Pigeons Compote.

TAKE off the skins of four pigeons; put them into a stew-pan, with veal sweet-breads, cocks-combs, morels, truffles, a bundle of sweet herbs, and an onion; season

season with beaten mace, and a little pepper and salt ; put to them a pint of good veal broth ; cover them close, and let them stew for half an hour ; then take out the herbs and onion ; take off all the fat very clean ; beat up the yolk of three eggs, with some chop'd parsley, in a gill of cream, with a little nutmeg ; pour this into your stew-pan, keeping it stirred one way till thick ; lay your pigeons in the dish, and pour the sauce over them. Garnish with lemon or orange.

Pigeons in Surtout.

FORCE your pigeons as you do for jugging ; tie up the necks and vents ; and bard them with a thin slice of veal ; split them on a bird-spit side-ways ; baste them with butter, and as they roast drudge them with crumbs of bread and flour ; have ready a ragoo of morels and truffles : When your pigeons are done, pour your ragoo into the dish ; then lay in your pigeons garnished with orange in small quarters.

Pigeons in a Hole.

SEASON your pigeons with beaten mace, pepper and salt, and put a piece of butter into the belly of each ; put them into a soup dish, and pour over them a batter made of a quart of milk, six eggs, and six spoonfuls of flour, with a little grated ginger and salt, bake it, and send it to table as hot as you can.

Pigeons a la Braise.

PICK, draw, and truss your pigeons, and lard them with bacon well seasoned. Take a clean braising-pan, and lay round it slices of bacon, veal, and onions sliced ; then place in your pigeons, and season them with pepper salt and fine spices : Lay over them some bards of bacon and veal ; put on your cover, and let there be a fire un-
der

der and over. In the mean time, prepare a ragoo made of veal sweet breads, morels, truffles, and champignons; put these into a close stew-pan, with a ladle-full of strong gravy, a little cullis, if you have it, and a spoonful of white wine. This being done, and of a good taste, take the fire off your pan, and clear the lid; then take up your pigeons, and let them drain. If you have no cullis, take two spoonfuls of the clear gravy your pigeons were braised in, and put to your ragoo. If it is of a good thickness, squeeze in a little lemon juice; pour your ragoo over the pigeons, and serve them up.

Pigeons in Paste.

PUT into the belly of your pigeons a piece of butter, seasoned with beaten mace, pepper, and salt; Make a good puff paste, and roll up each pigeon separately, and tie them up in separate cloths; boil them in a good deal of water; an hour and a half will do them; untie them carefully when you take them up; put them into a dish, and send some good gravy in a boat.

To Jug Pigeons.

DRAW your pigeons very clean, bruise the livers with the back of a spoon; take the same weight of suet shred very fine, some parsley and lemon-peel cut small; the yolks of two hard eggs bruised fine; season with beaten mace, nutmeg, pepper, and salt; work these ingredients together, with a piece of butter: then stuff your pigeons, tie up the necks and vents, and put them into your jug, with a head of sellery; put a cloth over the top and a bladder over that, and tie it down very close, that no water can get in; put your jug into a kettle of water, and let them boil for three hours, keeping your kettle filled up with boiling water as it wasteth
then

then take up your pigeons, and put them into your dish, take off the thread that tied the necks and vents: Pour your sauce into a tofs-pan; take out the fellery, roll a piece of butter in flour, put it to your sauce, and keep it shaking till it is of a good thickness; pour it over your pigeons, garnished with lemon.

To stew Pigeons.

TAKE your pigeons trussed as for basting; bruise the livers, and mix them up with a few bread crumbs, parsley, and a little lemon-peel chopped small; season it with mace, nutmeg, pepper and salt; work all up with a piece of butter, and stuff the bellies of your pigeons; tie up the necks and vents; then stew them with some butter, till they are brown all over; put them into another pan that will just hold them, with as much strong gravy as will cover them; let them stew till they are tender, then bruise an anchovy, a shallot shred fine, a piece of butter rolled in flour, and a spoonful of white wine; let all boil together to a proper thickness; scum very clean; dish up, and garnish with crisp bacon and lemon.

To make a Pillaw the Indian Way.

PICK and wash very clean a pound and half of rice; put it to drain, and when dry, put half a pint of water, and three quarters of a pound of butter into a clean stoving pot, over a stove, till it melts; then put in your rice, and cover it very close, that no steam comes out; add salt, whole pepper, and four large blades of mace; let it stow over a gentle fire till your rice is perfectly tender: Boil two fowls, and a piece of bacon of about two pounds: When your rice and fowls are enough, lay your fowls in the dish; cut the bacon

and lay it of each side; pour your rice all over, and garnish your dish with hard eggs, and whole onions, fried brown.

A Pillaw of Veal.

HALF roast a breast, or the best end of a neck of veal, seasoned with pepper, salt, and nutmeg, then stowe a pound of rice clean picked in some good veal, or white broth; put in three or four blades of mace, and a little salt; let it stowe on a gentle fire close covered, till your rice is very tender, and your broth is wasted: Beat up the yolks of six eggs very well; turn your rice into a pan, and cool it; when cool put in your eggs, and boil them up very well together. Butter the inside of a soup dish, and lay a thin layer of rice all over it; cut your veal into six pieces, and lay upon your rice; then cover it over with the remainder of the rice, as you would lid a pye, and wash it over with the yolk of an egg: Let it be baked in an oven not too hot, an hour and a half: When it comes home, open the tops, and pour in some good thick gravy with a Seville Orange squeezed: Put on the top again, and send it to table, garnished with orange.

To make a Currey.

CUT your chickens after they are skinned, as for a fricasie; wash them clean, and stew them in as much water as will little more than cover them, for six or eight minutes; strain off the liquor, and put your chickens to drain; shred some onions small, and fry them in about two ounces of butter, put your chickens to them and fry them of a good brown: Take a quarter of an ounce of turmeric, finely beaten, a large tea-spoonful of beaten ginger, and a little salt: strew this seasoning

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over

over your chickens, while they are frying: then pour in the liquor you had strained off, and let them stew half an hour: scum very clean, and put in a gill of cream; shake it round, but don't let it boil. As you are going to serve it up, squeeze in the juice of a lemon, and send it to table.

To boil Rice for the Currey.

PUT a pint of rice, clean picked, to two quarts of water, and let it boil till it is quite tender: then throw in a spoonful of salt, turn it out into a cullender, and set it before a good fire for a few minutes to drain; then put it into your dish, in the form of a pyramid, by itself; and send it to table with your currey.

To dress Rabbits in Cassarole.

DIVIDE your rabbits in quarters, and lard the haunches; flour them, and fry them in butter; then put them into a small stoving pot, with as much strong broth as will cover them, and a glass of white wine seasoned with pepper, salt, a bunch of sweet herbs and a piece of butter rolled in flour; cover them down close, and let them stew till tender, which will be in little more than half an hour; take out the herbs, and scum very clean: Dish them up, and pour the sauce over; garnish your dish with orange or lemon.

To boil Rabbits.

TRUSS your rabbits close; boil them off white; for sauce, take the livers, which when boiled, bruise with a spoon very fine, and take out all the strings; put to this some good veal broth, some parsley shred fine, and some barberries clean pick'd from the stalks: season it with mace and nutmeg: thicken with a piece of butter rolled in flour, and a little white wine: Let your
sauce

sauce be of a good thickness, and pour it over your rabbits. Garnish with lemons and barberries.

To boil Rabbits with Onions.

TRUSS your rabbits short, with the heads turned over their shoulders: Let them be boiled off very white: Boil some large onions in a good deal of water, till they are very tender: put them into a cullender, and when drained, pass them through it with a spoon; put them into a clean sauce-pan, with a good piece of butter, a little salt, and a gill of cream: Stir them over the fire till they are of a good thickness: then dish up your rabbits, and pour the onions over them. Garnish with lemon and raw parslly.

Portuguese Rabbits.

YOUR rabbits must be trussed chicken fashion: the heads must be cut off, and the rabbits turned with the backs upward; two of the legs stripped to the claw ends, and trussed with skewers. If they are to be roasted lard them, and send them to table with good gravy in the dish. If you boil them, don't lard them, but send them to table as chickens, with bacon, and what greens you think proper.

To stew Chickens for a tender Stomach.

TAKE two nice chickens, and half boil; them then take them up into a small soup-dish; separate all the joints, and add three or four spoonfuls of the liquor they are boiled in, with a little beaten mace, and salt; then cover them close with another dish, and keep in all the steam; set it over a clear stove, and let it stew till the chickens are enough, and send them hot to table in the dish they were stewed in.

Chickens boiled with Sallery Sauce.

PUT two fine chickens into a sauce-pan to boil, and in the mean time prepare the sauce: take the white part of two bunches of sellery, cut about an inch and a half long, and boil it till tender; then strain off the water, and put it into a clean stew-pan, with half a pint of cream, and a piece of butter rolled in flour; season with pepper and salt, set it over a clear fire, and keep it stirring till it is smooth, and of a good thickness. Have ready half a dozen rashers of bacon; take up your chickens, pour your sauce into the dish with the rashers of bacon and sliced lemon.

To stew Chickens.

CUT two chickens into quarters; wash them clean, and put them into a stew-pan, with half a pint of red wine, and a gill of water, an onion, a faggot of sweet herbs, seasoned with mace, pepper, and salt; cover them close, and let them stew half an hour then take the quantity of an egg of butter rolled in flour; take out the onion and sweet herbs; shake it round till it is of a good thickness, and take off all the scum very clean: Dish it up garnished with lemon.

To marinate Fowls.

TAKE a couple of fine fowls and carefully raise the skin off the breast, with your finger; then make your force-meat thus: Take a veal sweet-bread, six large oysters bearded, an anchovy, and some marrow: Beat these to a paste, in a marble mortar; shred fine a little lemon-peel, sweet marjoram, parsley, a very little thyme, and one shallot; season it with pepper, salt, and nutmeg; mix all together, with the yolk of an egg; then carefully lay this force-meat over the breast of
your

your fowls, and press the skin close to them, and lard them with small lardoons of bacon ; blanch and beard a pint of oysters, and put into their bellies : spit them, and tie up the necks and vents. Take care in the roasting they do not blister ; have ready a good gravy sauce. When your fowls are enough, send them to table with the gravy in the dish.

In this manner you may do pheasants, turkies, or what fowls you please.

To broil Chickens.

AFTER your chickens are drawn, singe them and cut off the legs at the joint ; slit them down the back, and season them with pepper and salt ; lay the inside next the fire, and at a good distance, till they are near half done ; put the livers, and gizzards on a skewer, and broil them, with pepper and salt ; before you put the breasts to the fire, rub them with a little piece of butter, and sprinkle on a little salt ; let them be broiled of a fine brown ; when they are near enough, have ready some strong gravy, thickened with a piece of butter rolled in flour, and add some fresh mushrooms, cut small, if you have them, if not, pickled ones, lay your chickens in the dish, and pour the sauce over them ; lay your livers and gizzards round, garnished with lemon.

A Fowl a la Braise.

TRUSS your fowl as for boiling, and lard it with bacon ; season it inside and out with mace, nutmeg, pepper and salt. Lay a layer of bacon in the bottom of your stew-pan ; then a thin layer of veal : Put in your fowl with the breasts downwards ; lay a layer of bacon, another of veal, an onion stuck with three

cloves, a faggot of herbs, in which put some sweet Basil; cover it close, and let it stowe for six or eight minutes; then pour in a pint and a half of strong broth; cover it down tight again, and let there be a fire at top and bottom; let it stew in this manner an hour; prepare in the mean time a ragoo of cox-combs, truffles, mushrooms, morels, force-meat, balls, and artichoke buttons cut in dice. When your fowl is done, take it carefully up, put it into your dish, and keep it hot: Strain the liquor, and take off all the fat very clean: Add this gravy to your ragoo: let it be of a good thickness, and smooth; pour it over your fowl, and garnish with sliced lemon or orange.

A Fowl roasted, with Chesnuts.

ROAST a quarter of an hundred of chesnuts peel them; save out eight or ten, the rest bruise in a mortar, with the liver of the fowl, a quarter of a pound of ham well pounded, sweet herbs and parsley chopped fine: Season it with mace, nutmeg, pepper, and salt: Mix all these together, and put them into the belly of your fowl: Spit it, and tie the neck and vent close. Then for sauce, take the rest of the chesnuts, cut them in pieces, and put them into a good strong gravy, with a glass of white wine: Thicken with a piece of butter rolled in flour. When your fowl is done, dish it, and pour in the sauce. Garnish with orange and water cresses.

You may do a hen turkey in the same way.

Veal Blanquets.

CUT thin slices off a fillet of veal roasted. Put some butter into a stew-pan, with an onion chopped small; fry them till they begin to brown, then
dust

dust in some flour, and add some gravy, and a faggot of sweet herbs, seasoned with pepper, salt, and mace; let this simmer till you have the flavour of the herbs, then put in your veal; beat up the yolks of two eggs in a little cream, and grated nutmeg, some chopped parsley, and a little lemon-peel shred fine. Keep it stirring one way till it is smooth, and of a good thickness: Squeeze in a little juice of orange, and dish it up. Garnish with orange and barberries.

Mutton kebobb'd.

TAKE the skin off a loin of mutton, and the fat from the inside; then joint it between every bone. Season with pepper, salt, and nutmeg; wash it over with the yolk of eggs, and roll every one in bread crumbs and sweet herbs mixed together; then place them together as they were at first. Spit them on a bird-spit; baste with butter, and throw bread crumbs over whilst roasting. When it is enough, have ready a gravy sauce of a good thickness, with a spoonful or two of mushroom catchup. Lay your mutton in the dish, and pour the sauce over it. Garnish with horseradish and pickles.

Portugal Beef.

BBROWN the thin part of a rump of beef in burnt butter, and force the lean of it with suet, lean bacon, boiled chesnuts, an onion, and two anchovies. Put them all into a marble mortar; and season with mace, nutmeg, pepper, and a very little salt. Throw these into the stew-pan, with good gravy. When enough, take up, and keep it hot, take off the fat, put in some boiled chesnuts cut in pieces, pickled gerkins

gerkins cut small, and thicken your sauce with burnt butter. Put your ragoo over, and garnish.

To dress Veal a la Bourgeoise.

CUT your veal in pretty thick slices off the fillet; lard them with bacon, and season them with pepper, salt, mace, nutmeg, and shred parsley; cut some slices of bacon, and lay in the bottom of a stew-pan, and the veal upon them. Cover it, and set it over a slow fire for six or eight minutes; then brisk up the fire, and brown your veal on both sides; shake some flour over it, and as soon as it begins to brown, pour in a quart of good veal broth warm. Cover it close, and stew it gently, till you think it is enough; then take out the slices of bacon, and scum off all the fat very clean: Beat up the yolks of three eggs in a little gravy; mix all together, and keep it stirring one way till it is smooth, and of a proper thickness. Squeeze in a little lemon; dish up your veal, and pour your sauce over. Garnish the dish with orange or lemon.

Veal Rolls.

TAKE slices of veal, enough to make a side-dish; lay them on your dresser, and lay force-meat upon each slice; roll them up, and tie them round, with coarse thread. Rub them over with the yolk of an egg, spit them on a bird-spit, and roast them of a fine brown. For sauce, have good gravy, with morels, truffles, and mushrooms, tossed up to a proper thickness. Lay your rolls in your dish, and pour your sauce over. Garnish with lemon.

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To stuff a Chine of Pork.

MAKE your stuffing of the lean of pork, parsley, a little thyme, sage, the yolks of hard eggs, bread crumbs, and a few shalots : Cut these very fine. Season with pepper, salt and nutmeg ; then stuff your chine, and roast it at a soaking fire. When it is a quarter roasted, cut the skin in notches. When it is enough, send it to table with apple sauce in a bason, and some good gravy, with a spoonful of made mustard in another.

To stuff a Leg, or Shoulder of Mutton.

TAKE grated bread, beef suet shred very fine, twice the weight, three anchovies chopped fine, some sweet herbs shred small, the yolks of three hard eggs bruised fine, a dozen of large oysters bearded, and chopped small, seasoned with mace, nutmeg, pepper and salt ; work these up to a paste, and stuff your mutton in the thickest part, under the skin, and down by the knuckle, and roast it. For sauce, have half a pint of small oysters bearded, and washed clean ; stew these in half a pint of good gravy, a glass of red wine, and a little nutmeg, thicken'd with a piece of butter rolled in flour. Pour your sauce into the dish, and lay your mutton in. Garnish with horse-radish.

Sweet-breads of Veal a la Dauphine.

TAKE three of the largest and best sweet-breads you can get, and make a force meat thus : Take a large fowl, and skin it ; take off all the white part ; take half a pound of bacon, fat and lean ; cut your fowl and bacon small ; beat these with an anchovy, in a marble mortar, to a fine paste ; season it with nutmeg, a little lemon-peel, a very little thyme, and
some

some parfly chopped fine; mix all together with the yolk of an egg, then raise your sweet-breads underneath carefully, that you do not break the skin at top, and put in your force-meat, and fasten them with fine skewers; take a clean stew-pan, and put layers of bacon at the bottom; strew over some sweet herbs, and an onion cut in slices; over that lay thin slices of veal; lay in your sweet-breads, cover it close, and let it do over a slow fire eight or ten minutes; then put in a quart of strong broth, cover it close, and let it stew gently for two hours; then take out your sweet-breads, strain the liquor, and take off the fat very clean; add morels, truffles, cocks-combs, artichoke bottoms, and mushrooms. Let these stew till three parts of the liquor is near wasted: Let it be of a good thickness, then put in your sweet-breads for five minutes, and dish them up, garnished with lemon.

To dress Pigs Petty-toes.

PUT your petty-toes and pluck into a sauce-pan, with as little water as will cover them, a bunch of sweet-herbs, a blade of mace, and some whole pepper. Let them boil for about a quarter of an hour, then take out the pluck, and mince the heart, liver and lights small. When your petty-toes are tender, take as much of the liquor as you want to moisten your mince meat; season it with salt and nutmeg; roll a piece of butter as big as a walnut in flour, and put to them; set them over the fire, and let them simmer for six or eight minutes. Cut some toasted sippets, and put into your dish; pour on your mince meat; cut your feet in two, and lay round. Note, before you dish up your mince

mince meat, put in a little juice of lemon, or a little vinegar.

To dress a Haunch of Mutton like Venison.

TAKE a hind quarter of mutton, and cut the leg like a haunch of venison; let it steep in the sheep's blood for five or six hours, then let it hang for a week, or as long as you can conveniently. Before you dress it, rub it well with a cloth, then daub it all over with fresh butter: Strew some salt on it, and dust over a little flour: Butter a sheet of writing paper, and lay over it, and another sheet over that, and tie it round with packthread. If it is large, it will take two hours and a half doing. A quarter of an hour before you take it up, take off the paper; baste it with butter, and dust some flour over it, that it may go to table with a good froth on it. Send it up without any garnish, with a good gravy sauce in one bason, and sweet sauce in another.

To fry Beef Steaks.

TAKE rump steaks, beat them with the cleaver, and fry them in half a pint of ale that is not bitter: While they are doing, cut an onion small, and shred some parsley, put these in, and season with nutmeg, pepper and salt. Roll a piece of butter in flour, and shake all together, till your steaks are done, and your sauce of a good thickness. Then dish them up, and send them to table hot.

A Tongue and Udder forced.

BOIL your tongue and udder first, till they are better than half done, blanch the tongue, and stick it with cloves, then carefully raise the udder, wash the inside with the yolk of an egg, and fill it with a good
force-

force-meat made of veal. Tie the ends close; spit your tongue and udder, and roast them. Baste with butter while they are roasting; an hour and an half will do them. Send them to table in one dish, with good gravy, venison sauce, and currant jelly in boats. Garnish your dish with sliced orange and raspings.

Mutton or Veal Cutlets a la Maintenon.

CUT as many cutlets as you want for a side-dish; season them with pepper and salt, and make a good veal force-meat; put the force-meat round each cutlet, within two inches of the bone, then have as many half sheets of writing-paper butter'd, as you have cutlets, cut a hole in the middle, and draw the bone through it; then fold the paper round as you would do turn-over tart, and cut off what is too much; broil them over a clear fire, if they are mutton, half an hour; if veal, three quarters of an hour will do them. If you send them to table in the paper, put a good thick gravy sauce in a bason; if you take off the paper, lay the bone next the rim of the dish, and pour your sauce in between your cutlets, not over them.

To make Beef, or Veal Olives.

TAKE slices of a rump of beef, or the inside of the sirloin cut about half an inch thick, and two inches and a half square; then make a force-meat of veal, beef suet, bread crumbs, sweet herbs, beaten mace, pepper and salt, moisten it with two eggs. Make force-meat enough for six slices of meat: When your force-meat is worked up, divide it into six parts; put a piece into every piece of meat, and roll it up narrow at each end; then rub them over with the yolk of an egg, and wrap each in a piece of veal cawl; put
them

them into an earthen dish, with a little water, a glass of red wine, and a small onion shred very fine: Lay a piece of butter upon each, and bake them about an hour; when they come from the oven, pour off the liquor, take off all the fat, and thicken the sauce with a piece of butter rolled in flour. Dish up your olives, and pour the sauce over them. Garnish the dish to your fancy. Veal olives are done the same way. If your oven is not near, you may roast them upon a small spit, and pour over them a good gravy sauce.

Beef Collops.

CUT your beef in thin slices about two inches long, lay them upon your dresser, and hack them with the back of a knife; grate a little nutmeg over them, and dust on some flour; lay them into a stew-pan, and put in as much water as you think sufficient for sauce; shred half an onion, and a little lemon-peel very fine, a bundle of sweet herbs, and a little pepper and salt: Roll a piece of butter in flour, and set them over a clear fire, till they begin to simmer; shake them together often, but don't let them boil up; after they begin to simmer, ten minutes will do them; take out your herbs, and dish them up. Garnish your dish with pickles and horse radish.

To dress Pork Cutlets.

TAKE the skin off a loin of pork, and cut it into cutlets; season them with sage, parsley and thyme cut small, pepper, salt, and crumbs of bread; broil them of a fine brown; take half a pint of good gravy, a spoonful of made mustard, and a piece of butter rolled in flour, to thicken it. Shred two shallots very fine, and put to your sauce, with a little vinegar.

E

Dish

Dish up your cutlets, pour the sauce over them, and serve them hot to table.

Beef a la Daub.

TA K E a rump of beef, and cut off the chine bone ; lard it with bacon ; fry it in butter of a good brown ; then put it into an oval stew-pan that will hold it, with as much strong broth made hot, as will but just cover it ; put in a faggot of sweet herbs, an onion stuck with cloves, pepper, salt, and two blades of mace ; cover it down close, and let it stew for three hours. In the mean time, take force-meat balls, and fry them of a fine brown, with sippets of bread, an ox pallet boiled tender, and cut into dice, an artichoke bottom cut in pieces, morels, truffles, and pickled mushrooms. When your beef is enough, take it up, put it into your dish, and keep it hot ; strain off your liquor, and take off all the fat very clean ; take as much of it as you think will be sauce sufficient ; roll a good piece of butter in flour, and put to it with the above ingredients ; let all boil together, till your sauce is of a proper thickness, then pour all over your beef. Garnish your dish with the sippets, horse-radish, and barberries.

To dress a Brisket of Beef.

TA K E a piece of brisket of beef, salt it with a pound of common salt, two ounces of bay-salt, and half a pound of coarse sugar ; mix all together, and salt your beef well with it ; lay it into an earthen pan, and turn it every day for a fortnight, then boil it with favoys, and other greens.

It is a pretty side-dish when cold, cut in slices.

To

To force the Inside of a Sirloin of Beef.

SPIT your beef, then carefully lift up the fat of the inside, and take out all the meat close to the bones; chop it small, with a pound of beef suet shred fine, near as much crumbs of bread, a little thyme and lemon-peel, cut very small, half a nutmeg grated, some pepper and salt, and two shalots cut small; mix all together, and moisten it with a glass of red wine: Put your ingredients in where you cut out the meat, and press down the fat and skin, that it may appear as it did at first; skewer it down with fine skewers, and cover it over with writing-paper. When your meat is enough, put a gill of red wine over the fire to be hot, then take up the meat, and take off the paper and skewers when the meat is in the dish. Pour your wine into your dish, and garnish with horse-radish.

To force the Inside of a Rump of Beef.

LIFT the skin off your rump of beef carefully, then cut a piece of the meat out of the middle, and make force-meat as you did for your sirloin; put in your force-meat and skewer down the skin, and butter a piece of writing-paper, and lay over it, to prevent it from scorching, and let it be well basted while it is roasting.

To carbonade a Breast of Mutton.

BOIL a breast of mutton near enough, take it up, and nick it cross and cross; season it with pepper, salt, and a little nutmeg, shred some parsley fine, and strew over it, and over that some grated bread. Broil it over a clear fire, of a fine brown, and let your sauce be a piece of butter rolled in flour and capers shred, not too small: Put your sauce in the dish, and

lay in your mutton. Garnish with horse radish and pickles.

Or you may half-boil a breast of mutton, then lard it thick with green parslly ; season it with pepper, salt, and a little nutmeg ; baste it with butter, but don't flour it, and send it to table with caper sauce in the dish.

To stew a Breast of Veal.

TAKE a nice breast of veal, cut off the thin end, and boil it down for your sauce, with a faggot of sweet herbs, an onion stuck with three cloves, two blades of mace, some whole pepper and salt ; put it to a quart of water, and let it stew gently till half is wasted, then raise the skin off your breast of veal, and make a force-meat of the sweet-bread first parboiled, a few crumbs of bread, a little beef suet, and some parslly shred very fine ; season it with pepper, salt and nutmeg ; moisten it with a spoonful of cream, and an egg ; mix all well together, and force your veal ; skewer it down close, drudge it over with flour, tie it up in a clean cloth, and let it boil an hour and a half. If your gravy is done, strain it off, and take off the fat very clean ; blanch and beard half a pint of oysters, a gill of pickled mushrooms, a little lemon-peel shred very fine : Put this to your gravy, and thicken it with a piece of butter rolled in flour ; fry six or eight large oysters, dipped in batter for garnish. When your veal is enough, dish it up, and pour your sauce over. Garnish your dish with lemon, oysters, and barberries.

To stew a Knuckle of Veal.

TAKE a knuckle of veal of about five pounds; wash it clean, and put it into a clean stew-pot, with two quarts of water, a faggot of sweet herbs, two blades of mace, an onion stuck with three or four cloves, some whole pepper, and a little salt; put in a crust of the upper part of a loaf, cover it down close, and make it boil, then scum it very clean, and let it just simmer for full two hours. When you take it up, put your veal into the dish first, and strain your broth through a fine sieve over it, then take off all the fat very clean, and put some thin slices of French roll in your dish, and toasted bread cut in dice, in a plate. Serve it up hot.

You may boil a quarter of a pound of rice in fair water, till it is very tender; then strain it off; and when you send your veal to table, lay your rice all over it.—Rice is better boiled by itself, for when you boil it with the meat, the scum is apt to discolour it, and make it eat greasy.

To boil a Leg of Lamb with the Loin fried.

TAKE a hind quarter of house-lamb; cut the leg from the loin; boil the leg; cut the loin into steaks; wash them over with the yolk of an egg, and stew bread crumbs over them, and fry them; boil a good deal of spinnage, and fry some parsley crisp. When your lamb is enough, lay your leg into the middle of the dish, your spinnage round it, and the fried chops upon that. Garnish your dish with fried parsley and orange, cut into small quarters. Send plain butter in a boat.

A Fowl forced and roasted.

TAKE a fine fowl, and with a sharp knife cut the skin down the back-bone, and carefully raise it; take the meat off the breast and thighs; then take the same quantity of beef suet picked clean from the skins; cut both small, and beat them together in a marble mortar; the meat part of a pint of large oysters beat with it; two anchovies bruised fine, and a shalot shred very small; season it with sweet herbs cut small, pepper, a little mace, and nutmeg; mix all very well together, moistened with the yolks of three eggs; lay this force-meat on the bones of your fowl, and carefully draw the skin nicely over it, and with your hand shape it as it was at first; sew up the skin of the back, and roast it of a fine brown: You may put oyster sauce in the dish, or good gravy, which you please. Garnish your dish with lemon.

A Turkey forced and roasted.

BONE your turkey very nicely, leaving on the pinions, rump and legs; then take the flesh of a nice fowl, the same weight of bread grated, and half a pound of beef suet clean picked; beat these in a marble mortar, season with mace, one clove, pepper, nutmeg, salt beat fine, a little lemon-peel shred very small, and the yolks of two eggs; mix all up together very well; then fill all the parts that the bones came out of, and raise the breast to the form it was before the bone was taken out; sew up the skin of the back, and skewer down the legs close as you do a chicken for roasting; spit it, and let it be nicely roasted: Send good gravy in the dish. Garnish with lemon. If you want to make it a fine dish, you may make a brown cooley, and

and add morels, truffles, and mushrooms; and indeed what you please, to make it rich.

To stew a Turkey.

HA V E a nice hen turkey trussed close, and the breast-bone broke; put it into a stew-pan with a good piece of butter; let the breast and pinions be glazed of a fine brown; then put it into a stew-pot that is very clean; add a faggot of sweet herbs, an onion struck with three cloves, two blades of mace, some whole pepper, and a little salt; then put in as much strong broth or gravy as will just cover it; cover it very close, and let it stew over a moderate fire, till you think it is tender: In the mean time make some force-meat balls of veal, &c. and let them be fried of a fine brown, in readiness. When your turkey is done, take it up, put it into your dish, and keep it hot; strain off your liquor into a clean stew-pan, and scum it very clean: If it is not thick enough, roll a piece of butter in flour; put in half a glass of white wine, and your force-meat balls; toss up all together, till your sauce is of a good thickness; squeeze in a little lemon; pour your sauce over the turkey, and garnish your dish with lemon.

In the same manner you may do a large fowl; and you may add morels, truffles, artich oak bottoms, &c.

To stew a Fowl or Turkey with Sallery.

TAKE a fowl or turkey trussed short as for boiling, press down the breast-bone, put it into a clean stew-pot, with good veal broth, as much as will cover it; season it with beaten mace, pepper and salt, a faggot of sweet herbs, and an onion; cover it close, and let it boil: In the mean time, take a large bunch of
sallery,

fellery, cut all the white part small, and wash it very clean: If your turkey or fowl boils, take out the onion and herbs; scum it very clean, and put in your fellery; cover it down close, and let it stew till your fellery is very tender, and your fowl likewise; take a clean stew-pan, and set it over your stove; take up your fowl or turkey, and keep it hot; pour your fellery and sauce into your stew-pan; beat up the yolks of two or three eggs in half a pint of cream, and a large spoonful of white wine; stir it till it is of a good thickness, and just at boiling squeeze in a little juice of lemon, or a little mushroom pickle; shake it round, and pour it over your fowl. Garnish your dish with lemon.

A Breast of Veal collar'd and roasted.

BONE a breast of veal, pick off all the fat and meat from the bones, and lay in the inside of the veal; season it with mace, nutmeg, pepper and salt, a little lemon-peel shred fine, some sweet herbs cut small, and a few bread crumbs; strew these ingredients all over your veal, and roll it up tight; put a skewer into it, to keep it together, and tie a packthread round it; spit it, and roll a veal cawl over it. It will take about an hour and a half doing. A quarter of an hour before you take it up, take off the cawl, throw some salt on, and baste it with butter: Let your fire be brisk, and your veal of a fine brown. If you have no gravy ready, make your sauce thus: Take two penny-worth of gravy-beef, cut it cross and cross; put it into a stew-pan (first flour it) with a piece of butter, and fry it brown on both sides quick; then pour on some boiling water, and stir it well together, and put in an onion, a faggot of sweet herbs, a crust of bread baked very brown, two

or

or three blades of mace, some whole pepper, a little salt, and the bones of the veal, cover it close, and let it stew till it is rich and thick ; strain it off, and put it into your stew-pan again, with a spoonful of catchup, morels, truffles, mushrooms, and artich oak bottoms ; let these boil up, scum it very clean ; if your veal is enough take it up, take off the packthread, and set it on end in the dish. Let your sauce be of a good thickness ; pour it into the dish, and garnish with lemon or orange.

To collar and roast a Breast of Mutton.

TAKE the skin off your breast of mutton, and bone it, then collar it as you did your veal ; put a quart of milk, and a quarter of a pound of butter into your dripping-pan, to baste it with. Send it to table with good gravy in the dish, sweet sauce in one boat, and currant jelly in another. If you garnish your dish, let it be with raspings of bread.

In the same manner you may roast a fillet of beef, or the inside of a sirloin,

To stew a Calf's Liver larded.

TAKE a calf's liver, lard it, and put it into a stew-pan, with some water, a bundle of sweet herbs, an onion, and a blade of mace, some whole pepper, and a little salt ; cover it close, and let it stew till it is enough ; then take up your liver, and put it into the dish you intend ; cover it over, and take out your herbs and spice ; skin off all the fat very clean ; put in a piece of butter rolled in flour ; boil it till it is of a proper thickness ; pour it over your liver, and send it to table garnished with lemon.

To

To make Beef a la mode.

TAKE a piece of the buttock, or veiny piece of beef, about four inches thick, lard it with bits of bacon as thick as your little finger ; season it with beaten cloves, mace, nutmeg, pepper and salt ; put it into an earthen pot, or deep pan with some slices of bacon cut thin, or ham, if you have it, an onion sliced, and some thyme, and parsley ; take half a pound of beef suet, beat it in a mortar, as fine as a paste, and lay on the top ; tie over a sheet of white and two of brown paper very close, and bake it three or four hours. When it comes from the oven, take it carefully out of the pan : If you serve it up whole, put it into your dish : Strain off the liquor, and take all the fat clean off : Add to it half pint of good strong gravy, a glass of red wine, champignons : and morels ; thicken your sauce with a little piece of butter rolled in flour ; pour this over, and send it to table ; or you may cut it in slices, and send it in a dish, and pour your sauce over it. It eats very good cold, and makes a pretty side-dish,

In the same manner you may do a small fillet of veal. Then for your sauce add mushrooms and artichoke bottoms, cut in dice.

To bask a Calf's Head.

BOIL your calf's head almost enough, then take one of the cheeks, and cut it across, and wash it over with the yolk of an egg ; grate on a little nutmeg, pepper, salt, and some bread : Set it in a Dutch oven before the fire to brown ; cut the remainder of the head and tongue into thin bits, dust some flour all over it, and put it into a stew-pan, with a pint of good gravy ; put in two spoonfuls of catchup, with morels, truffles, and

and mushrooms; beat up half the brains, and put in with them; beat up the other half of the brains with a little lemon-peel shred fine, a little salt, mace and nutmeg, two leaves of sage, a little parsley chopped small, and the yolk of an egg; make them into little cakes, and have some force-meat balls ready made, and a dozen large oysters dipped in eggs. Fry all these brown, and toast six or eight rashers of bacon; set your hash over the stove, and let that be doing while you are frying these other ingredients. Just before you take your hash off, put in a glass of white wine, and squeeze in a little lemon juice; give it a boil, and take off all the scum; put it into your dish, lay your grilled cheek in the middle; put your force-meat balls over your hash, and garnish your dish with the oysters.

To hash a Calf's Head white.

BOIL your head tender, then cut it into thin slices; put it into a clean stew-pan, and moisten it with good veal broth; season it with mace, nutmeg, pepper and salt; make force-meat balls, and boil them before you put them to your hash; add morels, truffles, artichoke bottoms, and fresh or pickled mushrooms; beat up the yolks of two eggs in half a pint of cream, and a glass of white wine; toss up all together, till it is of a good thickness, and smooth. Just before you dish up, put in a spoonful of mushroom pickle, give it a toss up, and then dish it: You may garnish your dish as you did your brown, or garnish with petit pasties and sliced lemon.

To bake a Calf's Head.

WASH your calf's head very clean, and scrape the tongue; take out the skull bones; raise the

the meat from the end of the jaw, and cut off the bones short; lay three clean skewers into an earthen dish that will hold your head, and your head upon them; rub your head over with some butter; season it with pepper salt, and nutmeg; strew over it some grated bread, and sweet herbs, cut small, and dust over that a little flour; then put pieces of butter all over it, and a piece into each eye, and send it to bake. When it comes from the oven, have ready three gills of good gravy, thickened with part of the brains bruised, a little white wine, a little mace, and a little juice of lemon; beat up the remainder of the brains with bread crumbs, spice, and sweet herbs; fry them in little cakes, and toast some rashers of bacon. When it comes from the oven, put your head into the dish you serve it up in: Let your sauce be of a proper thickness; pour it over, and garnish your dish with the brains, bacon, and sliced lemon.

To dress a Lamb's Head.

TAKE a lamb's head with the pluck, and cut off half the liver; boil the head, and the rest of the pluck tender; cut the half liver which you saved into slices; let them be fried, and the brains cut in pieces and fried likewise with parsley and rashers of bacon. When your head is enough, take it up, and the pluck; cut the head in two, and grill one half; mince the pluck small, and moisten it with gravy, and a good piece of butter rolled in flour, a little pepper and salt, a spoonful of white wine vinegar; toss up all together. When your head is broiled of a nice brown; pour your minced meat into your dish, and lay your head upon it; put a bit of the fried brains into each eye hole. Garnish
your

your dish with the fried liver, bacon, -brains, and sliced lemon and parsley.

To jug a hare.

CASE your hare, and wipe it with a cloth ; then cut it in large pieces, as you would fowls to fricasee ; season it with pepper, salt, three cloves, and a blade of mace finely beaten ; lemon, thyme, and parsley shred small, and a whole onion ; then take half a pound of fine fat bacon cut in thin slices, and in a clean stone jug put a layer of bacon, till all is in ; then stop the jug very tight with a cork, or a cloth doubled over the top, to prevent any water from getting in. Put the jug into a pot of water, and let it boil for three hours, or better. Be sure to keep your pot boiling, and as the water wastes let it be filled up with boiling water. When you have taken the jug out of the pot take out your onion, and pour all the gravy from your hare into a clean pan or saucepan ; work a quartern of butter up with flour ; put it to your gravy over a clear fire, and shake it till it is of a proper thicknes : If it is not thick enough when it boils, shake in a little more flour. When you find it thick enough, pour it into the jug to your hare, shake it about, then turn your hare and gravy into a warm dish, and send it to table garnished with sliced lemon.

To dress Sheeps Ears the French Way

TAKE a dozen and a half of sheeps ears, scald and clean them very well ; then make a force-meat of veal, suet, crumbs of bread, a little nutmeg, pepper, salt, and beaten mace, parsley and thyme shred fine ; mix these ingredients with the yolk of an egg ; fill the ears and lay one over the other, press them close, flour them

and fry them in clean beef dripping, of a fine brown ; serve them up with gravy sauce in the dish, garnished with lemon. This is a pretty side dish.

To force Chickens Feet.

TAKE half a dozen of large chickens feet, blanch them, and take off the nails ; then force them in the same manner as sheeps ears ; make a puff paste, and roll them up separate, leaving the end of the leg out of the paste ; fry them of a fine brown ; send them to table with a good gravy sauce in the dish. It is a pretty dish to fill up a table.

To stew Spinnage.

PICK and wash your spinnage very clean ; put it in a net, and when it is boiled enough, take it out, and dip it in cold water ; squeeze it as dry as you can, and chop it very small ; add pepper and salt to your taste ; roll a piece of butter in flour, and put it to the spinnage in a clean sauce-pan ; set it over a quick fire, and keep it stirring all the while : You may add a little grated nutmeg, if you like it. Fry bread, cut about two inches long-corner-ways, of a fine brown, stick all over it : Send it to table for a side-dish, garnished with Seville orange.

To make a Fricandoe of Veal.

TAKE slices of a leg of veal, cut about the bigness of a crown-piece, half an inch thick ; lard them all over, and fry them ; and when of a fine brown take them up, and keep them hot ; then make a ragoo with morels, truffles, artich oak bottoms, mushrooms, cocks-combs, and force-meat balls : Lay your veal in the dish, the larded side uppermost ; pour your ragoo over them, and send it to table garnished with lemon.

To

To make Oyster Sausages.

TAKE the lean of the inside of a loin of mutton clean'd from the skin and strings, the same quantity of the kidney suet, and double the quantity of oysters bearded, and wiped dry ; chop all together very small, and season with pepper and salt ; then roll them up in flour the size of sausages, and fry them in butter.

This will make a side-dish. Garnish with fried sip-pets.

To make Marrow Pasties.

TAKE beef marrow clean from the bones, and a few apples chopped small, a little lemon-peel shred very fine, grated bread, currants well washed and picked and rubbed in a cloth ; mix all these together with a little brandy, and cover them with puff-paste, made into what shape you please.

You may either fry them, or bake them, which is most convenient.

To make a Herrico of Mutton.

TAKE a loin of mutton cut in six pieces, fry it brown pour out all the fat ; put in some turnips and carrots cut in dice, six little onions, three lettices cut small, a bundle of sweet herbs, some pepper, salt, and mace, beat fine ; cover it close, and let it stew for an hour ; take out the bundle of sweet herbs, skim off all the fat, and dish it up.

To make German Puffs.

TAKE a quart of water, a blade of mace, three cloves, an ounce of sugar, and the quantity of of a large nut of butter ; let them boil till half the water is consumed ; strain it off, and put in flour, to make it like a paste. When it comes from the slice, it is enough.

then beat it a little in a mortar, and put in five eggs, one at a time, keeping it-beating till all the eggs are in ; then put it into a broad pewter dish ; take up some in a spoon, and drop it through the bow of a key into clarified butter, and fry them quick ; take them, up with a slice, and sift sugar over them. When you send them to table, you may garnish the dish with Seville orange cut in small quarters.

To make French Bread.

TAKE a quarter of a peck of fine flour, half a pint of good yeast, that is not bitter, the yolks of eight eggs and four whites, some milk and water ; mix all together into paste ; knead it well, and let it stand a quarter of an hour, then make it into rolls ; put them into a quick oven, and when baked, rasp them for present use.

To dress Scotch Collops white.

TAKE three or four pounds of a fillet of veal cut in small thin slices ; then take a clean stew-pan, butter it on the inside ; season your collops with beaten mace, nutmeg, and salt ; dust them over with flour, and lay them in your stew-pan, piece by piece till all your meat is in : Set it over the stove, and toss it up together till all your meat be white. Put in half a pint of strong veal broth ; let them boil, and take off all the scum clean ; beat up the yolks of two eggs in a Pint of cream, and put it to your collops, and keep it tossing all the while, till it boils up ; then squeeze in a little lemon, toss it round and dish it up. Garnish your dish with sliced lemon.

If you would make a fine dish of it, when you put in your veal broth, you must add morels, truffles, mushrooms^s

rooms, artichock bottoms cut in small dice, force-meat balls boiled, not fried, and cocks-combs ; then garnish your dish with fried oysters, petit-pasties, lemon, and barberries. Remember when you make a made dish and are obliged to use cream, that it should be the last thing, for it is apt to curdle, if it boils at any time.

Scotch Collops brown.

TAKE what quantity of veal you want cut into collops, and beat it with the back of a knife ; season as above, and fry them in butter, of a fine brown ; pour off the butter, and put in half a pint of good gravy, and a small glass of white wine. You may add what other ingredients you please. Roll a piece of butter as big as a walnut in flour, toss it up, and when it boils, take off the scum very clean : Let your sauce be thick enough to hang ; dish it up, and garnish to your fancy.

To dress a Fillet of Veal in Collops

TAKE a small fillet of veal cut into collops ; then take the udder, and fill it with force-meat : skewer up the part you opened to put in your force-meat tie it to a spit and roast it : then do your collops either white or brown, and as rich as you please : Lay your udder in the middle of your collops, and garnish your dish with lemon, or as you fancy.

To make Force-meat balls.

AS force-meat balls are frequently wanted for a made dish, they may be made thus : Take half a pound of lean veal, half a pound of beef suet cut small some sweet herbs shred fine, a little lemon peel cut very small, and two spoonfulls of grated bread : season with mace nutmeg, pepper and salt beat fine ; beat all these in a

marble mortar till they become a fine paste, which moisten with the yolk of an egg: then dip your hand in flour, and make it into small balls, some round, some long, and fry them brown: This is for a brown sauce or fricassée. If they are for white, put some water in a sauce-pan, and when it boils put in your balls, and boil them for a few minutes. Observe never to put fried balls into a white sauce.

To prepare Morels and Truffles for made Dishes.

HA V E morels and truffles as fresh as you can get; pick off the stalks from your morels, and see that they are not mity: Put them into water enough to cover them, and let them simmer five or six minutes. If you use them for brown sauces or soups, you may put two spoonfuls of the liquor into them with it: If for white fricassée, or white sauces, leave out the liquor, for tho' it gives it a fine flavour, it will discolour your sauce. Half an ounce of morels and truffles is enough for a made dish.

A Fricassée of Sweet-Breads white.

HA V E sweet-breads of veal, as many as you want for a side dish; boil them in water till they are tender; cut them in pieces, and put them into a clean stew-pan with veal gravy, just enough to cover them; season with beaten mace, nutmeg and salt, to your taste: add force meat balls, fresh mushrooms, and artichoke bottoms cut in small dice; beat up the yolks of two eggs well in a gill of cream, scum your pan clean, and put in your cream; keep it tossing till it simmers; put in a spoonful of white wine, and dish it up. Garnish with lemon and barberries.

To fricassée Sweet-Breads brown.

H A V E a heart, and four throat sweet-breads, boil them till tender, cut your throat sweet-breads in pieces ; fry them a little brown with butter. The heart sweet-bread fry whole, and brown on both sides : Pour out the butter, put in half a pint of good gravy, a piece of butter rolled in flour, morels truffles, and artich oak bottoms : Let it be of a good thickness ; season it to your palate ; put the whole sweet bread in the middle, the rest round it. Garnish your dish to your fancy.

A Fricassée of Chickens white.

H A L F-roast, or parboil your chickens ; take off the skin, cut them in pieces, and put them into a stew-pan, with some strong broth made of veal ; season with beaten mace, pepper and salt, an anchovy boned and bruised very fine, and a small onion : Let it stew till tender, then take out the onion and skim it very clean. Beat up the yolks of two eggs in a gill of cream, and a spoonful of white wine ; put this into your fricassée, and shake it round till it just boils, and is of a good thickness : squeeze in a little lemon, and serve it up. You may make it as rich as you please with forcemeat, &c.

Do rabbits the same way.

To Fricassée Chickens brown.

H A L F-boil your chickens, then cut them in pieces, and fry them in butter over a quick fire, of a fine light brown ; take them out, and drain away all the butter : Put in half a pint of good gravy, a glass of white wine, and season it with pepper, salt, and nutmeg, an anchovy and a bundle of sweet herbs ; let these stew
all

all together over a slow fire, and let it boil about five minutes; strain it off, and beat up the yolks of two eggs with a piece of butter: Put all into the stew-pan again; stir it till it simmers, put in your chickens, and toss them up; let it boil till it is as thick as cream, squeeze in a little lemon, and add morels truffles, and force-meat balls, if you have them ready; skim it clean, and dish it up. Garnish with sliced lemon.

To fricassee Rabbits brown.

CUT the legs of your rabbits in three pieces, and the remainder of the same bigness, fry them in butter over a quick fire. When they are fried, put them into a stew-pan with some good gravy, seasoned with pepper, salt, and nutmeg, a gill of mushrooms, nine spoonfuls of catchup, and a little white wine: Let it stew till it is of a proper thickness; take off the scum very clean, dish it up, and garnish with lemon and barberries.

To fricassee Tripe white.

TAKE a piece of double tripe, take out the fat, and cut it in pieces about an inch square; put it into as much water as will cover it, an onion, a faggot of sweet herbs, a piece of lemon-peel, and a little salt; let these stew till your tripe is tender, then take it out, and strain the liquor; put your tripe into a clean stew pan with half a pint of the liquor well skimmed, a glass of white wine, a little nutmeg, and beaten mace; let this boil and beat up the yolks of three eggs in a gill of cream, with some parsley shred small; put this to the tripe, with a piece of butter rolled in flour; keep it stirring all the while, till it is just at boiling. When it is smooth, and of a good thickness, dish it up, garnished with lemon.

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A Fricassee of tripe brown.

TAKE a piece of double tripe, take out all the fat, and cut it into slips an inch and a half long, and half an inch broad; put them into a stew-pan, with some good gravy, as much as you think will make sauce; Season it with salt and nutmeg; stew it till tender, then put in a piece of butter rolled in flour, and a spoonful of made mustard; toss up all together, and throw in a little shred parsley, and a little vinegar. Dish it up, and garnish your dish with sippets and sliced lemon

To fricassee Ox Palates.

PUT your palates into cold water, and let them boil softly, till they are quite tender (which will be four or five hours) then blanch them very clean, and rub them over with the yolk of an egg; season with beaten mace, a clove, pepper, and a little salt; dip them in bread crumbs, and fry them in butter of a fine brown, on both sides, pour out all the butter, and put in as much good gravy as will make the sauce, with a peice of butter rolled in flour; bone an anchovy, bruise it fine, and grate in a little nutmeg; let all simmer about a quarter of an hour, till it is of a proper thickness, and skim it clean; squeeze in a little lemon juice. Dish it up, and garnish with lemon.

To make a fricassee of Lamb-stones and Sweet-Breads.

TAKE two or three throat veal sweet breads, and two pair of lamb-stones, parboil them, skin the stones cut them in quarters, and fry them of a fine brown; when fried, pour out all the fat, and clean the pan; put in your stones and sweet-breads with a pint of good gravy an ounce of pistachio-nut kernels, some tops of asparagus,

gus, morels and truffles; season with pepper, salt, and nutmeg, and a shalot shred very fine; stew all together for a quarter of an hour, then beat up the yolks of your eggs very well with a glass of white wine, pour this in, and keep it stirring till it is of a proper thickness; skim it very clean, and dish it up, garnished with lemon.

A Fricassee of Pigeons.

TAKE pigeons enough for the dish you intend, cut into quarters, put them into a stew-pan, with as much red wine and water in equal quantity, as will cover them; season them with mace, pepper, and salt; shred small a little parfly, thyme sweet marjoram, and basil; put these to your pigeons, and about two ounces of butter let them boil gently, till there is but liquor enough for sauce beat up the yolks of four eggs with a spoonful of gravy, and a little vinegar. Take your pigeons up, and put them into your dish; cover them over to keep hot put your eggs to your sauce, and keep it stirring till it is smooth, and of a proper thickness, scum it very clean and pour it over your pigeons. Garnish your dish with fried oysters, toasted bacon, and sliced lemon.

A Fricassee of Calf's Head.

TAKE half a calf's head that is boiled tender, cut it in slices, and put it into a stew-pan, with some good veal broth; season it with mace, pepper, and salt an artich oak bottom cut in dice, some force-meat balls first boiled, morels and truffles; let these boil together for a quarter of an hour; scum it clean; beat up the yolks of two eggs in a gill of cream, put this in, and shake it round till it is ready to boil; squeeze in a little lemon, and serve it up, garnished with lemon.

To fricafsee a Loin of Lamb.

TAKE the skin off a loin of house lamb, cut it into thin chops ; put it into a stew-pan, with white broth enough to cover it ; put in a faggot of sweet herbs, and an onion, ; season it with mace, nutmeg, and salt ; let it stew till is tender, then scum it clean, and beat up the yolks of two eggs in a gill of cream, and a spoonful of white wine ; take out the onion and herbs, and pour in your cream ; shake it round till it is just at boiling. Dish it up, garnished with lemon.

To ragoo a Breast of Veal.

LAY your breast of veal down to the fire, and roast it, then bone it ; cut a square piece out of the middle, the rest cut into bits ; put it into a stew-pan, with some good gravy, or strong broth ; and a faggot of sweet herbs, an onion stuck with cloves, and season with pepper, salt, and mace : Cover it close, and let it stew till tender ; scum it very clean ; take out the onion and sweet herbs, and add to it half an ounce of morels and truffles, some pickled mushrooms, and an artichoke bottom cut in small dice ; roll a piece of butter in flour ; let it stew till it is of a proper thickness ; if there is any fat or scum left, take it clean off. Dish it up, and garnish your dish with lemon or orange.

Another Way to ragoo a Breast of Veal.

BONE your breast of veal, or a piece just big enough for your dish, and fry it of a fine brown, then put it into your stew-pan, with gravy, or strong broth ; cover it close, and let it stew till tender, with the seasoning as above ; in the mean time make force meat balls, and fry them of a fine brown, some lamb-stones cut in slices, and fried, morels, truffles

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and an artichok bottom cut in slips, or diced. When your veal is done, take it up, put it into your dish, and keep it hot ; take out your onion and faggot of herbs, and put into your stew-pan a piece of butter rolled in flour, with your morels, and other ingredients : Let it boil till it is of a good thickness, then add two spoonfuls of white wine, and squeeze in a little orange ; scum it very clean, and pour your ragoo over your veal. Garnish the dish with orange or lemon, and barberries.

A Ragoo of Lamb-Stones and Sweet-Breads.

BLANCH your lamb-stones and sweet-breads, the lamb-stones cut in two, the sweet-breads in four ; wash them over with the yolk of an egg, dip them in bread crumbs, and fry them of a fine brown ; put them into a stew-pan with some good gravy, half an ounce of morels and truffles, some fresh mushrooms, or pickled ones, an artichok bottom cut in dice ; season with nutmeg, pepper, and salt : Let these stew for a quarter of an hour ; thicken with a piece of butter rolled in flour : When it is of a good thickness, put in a spoonful of white wine, and a little juice of lemon ; skim it clean, and dish it up, garnished with lemon.

A Ragoo of Snipes.

TAKE two brace of snipes clean picked ; put a piece of butter into a stew-pan, and give your snipes a browning ; then cut them down the back, and press them flat, but do not take out the trails ; put them into a stew-pan, with some good gravy, a small glass of red wine, a gill of small mushrooms, and a little beaten mace, and salt : Let them stew five or six minutes ; then roll a piece of butter in flour. When

it is of the thickness of cream, skim it clean, and dish them up. Garnish your dish with toasted sippets, and orange cut in small quarters.

To ragoo Hogs Feet and Ears.

TAKE your feet and ears out of the pickle they were sou's'd in, boil them till they are tender; cut the ears in slices, about two inches long, and a quarter of an inch thick; put them into a stew-pan with some good gravy, a little pepper and salt, and a glass of white wine. While your ears are stewing, cut your feet in two, rub them over with the yolk of an egg, strew some pepper on them, and dip them in bread crumbs; broil them of a good brown; roll a piece of butter in flour, and put to your ears, with some made mustard: Let them be of a good thickness. Dish them up, and lay the feet round them.

Or you may fry your feet and ears, and send them to table with butter, and mustard in a cup.

To ragoo a Rump of Beef.

BONE the rump of beef, and put in your gravy, and seasoning, as above; take a bunch of sellery cut small, and washed very clean: Pare four large cucumbers, take out all the seeds, and cut them in pieces; put these to your beef, cover it close, and let it stew till tender. When it is done, take out your beef, add to your sauce a gill of red wine; let it boil up, scum it clean, and pour your sauce over it, Garnish your dish to your fancy.

A Ragoo of Cocks-Combs and Livers.

BOIL and blanch two dozen of cocks-combs, get a fine turkey's liver, or two fine livers of fowls,
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broil your livers in white paper buttered, made in the shape of a dripping-pan, of a fine brown; put half a pint of rich gravy into a tofs-pan, with your cocks-combs, truffles, and fresh mushrooms; season to your taste; tofs these up together, till as thick as cream: Lay the livers in the middle of your dish, and pour your ragoo over them. Garnish your dish with orange or lemon.

To stew a Rump of Beef.

TAKE a rump of beef, and raise the lean next the chump-end; cut that bone off, but leave the chine-bone, then with two skewers fasten the meat as if the bone was not taken away: Put it into a pot with a little more water than will cover it: Add parfly, thyme, two or three large onions, a handful of salt, whole pepper half an ounce, half a quarter of an ounce of cloves, the same quantity of mace; cover it close down, and stew it over a slow fire for two or three hours, till your beef is very tender. To make your sauce, take two pounds of gravy beef, cut it in pretty thick slices, and flour them well; put a piece of butter into your stew-pan, over a stove, or a quick fire. When that is brown, put in the slices of beef, and fry them brown, as quick as you can; then add water as much as you think will be sufficient to make a very strong gravy; cut an onion cross, with parfly, thyme, pepper, and salt, two or three cloves, and a blade of mace; let this stew till your gravy is very rich, then strain it off, and thicken it up with a piece of butter worked in flour: Add morels, truffles, artichoak bottoms cut in slices, pickled cucumbers and walnuts cut small; put all these into your gravy, and let them boil
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up together. Your gravy must be thick enough to hang to them ; then take up your beef, lay it in your dish, pour this sauce all over it, and send it to table.

You may add a pint of red wine to your beef, when stewing, or lard it with bacon, and stuff it with force-meat, or add force-meat balls to your sauce.

To make Essence of Ham.

TAKE three pounds of fine flavoured ham, cut off all the fat, then cut the lean into slices not too thin ; lay this at the bottom of a stew-pan well tinned, with some slices of carrot, three or four slices of parsnip, and a middling onion cut in slices ; put on a cover, and set it over a gentle stove ; let it stew till it begins to stick to the pan, but take care it does not burn ; uncover it, dust in some flour, and turn every slice ; set it on the stove, and moisten it with a strong veal broth : If you can get fresh mushrooms, put in three or four cut in pieces ; if not, half an ounce of morels, three or four cloves, a little sweet basil, and a handful of parsley. Cut a large crust of bread, rub it all over with a clove of garlick ; put this in, and cover it down close ; let it simmer over the stove till your essence is as high flavoured as you think proper. Strain it through a tammy, or silk strainer ; take off the scum very clean, and keep it for use. With this you may relish any made dish as high as you please.

Note. When you boil a ham, if it is of a good flavour, and not too salt, save the gravy, and in a great measure it will answer your purpose, without much expence or trouble.

Rules to be observed in made Dishes.

ALL white fricassees, or made dishes, that have cream in them, must not be suffered to boil after the cream is in ; and as they require a tartness, let your juice of lemon, or mushroom pickle, be put in the minute before you dish it up, otherwise it will be apt to curdle ; observe, it should be quite smooth, and about the thickness of cream.

Made dishes with a brown sauce, must be of a good thickness, and care must be taken, that your seasonings are not predominant one of another, and that your dish be sent to table free from any scum or fat swimming on the top.

To make a strong Broth for Soups and Sauces.

TAKE a leg or shin of beef, chop it, and put it into a pot with four gallons of water ; season it with salt, Jamaica pepper, black pepper, and mace, six onions, three stuck with cloves, and a large faggot of sweet herbs ; hang it over the fire, cover down close : Let it stew till half is wasted ; strain it through a sieve, and keep it for use.

A brown Gravy for Soups and Sauce.

TAKE four pounds of chuck beef cut in slices ; have a stove ready : Put at the bottom of your gravy-pan some slices of bacon, then lay on your slices of beef ; cut three onions in slices, and strew over it some carrot cut in slices, with parsley and thyme : Set it on the stove covered close, and let it be fried very brown on both sides, but not burnt ; then pour in three quarts of strong broth ; season it with pepper, and a little salt ; stir it well with a wooden spattle ; bake a toast as brown as you can, without burning ; put that in, and let al
stew

stew together for an hour and an half; strain it off through a hair-sieve, scum off all the fat very clean, and keep it for use. When you make gravy for soups, you must make a larger quantity. In winter it will keep good a week.

Gravy for white Sauce.

TAKE the scrag, or part of a knuckle of veal about two pounds chopped small, put it into a saucepan, with near two quarts of water, an onion stuck with cloves, some whole pepper, some nutmeg bruised, and a little salt; with a faggot of sweet herbs; cover it close, and scum it very clean; let it boil till it is as strong as you would have it; strain it through a fine sieve, take the fat clean off, and keep it for use.

To make a portable Soup brown.

TAKE a large leg of beef, bone it, and take off the skin, and what fat you can; put it into a stoving-pot, with a tight cover; put to it about four gallons of soft water, with six anchovies, half an ounce of mace, a few cloves, half an ounce of whole white pepper, three onions cut in two, a faggot of thyme, sweet marjoram, and parsley, with the bottom crust of a two-penny loaf that is well baked; cover it very close, and let it have a constant fire to do leisurely for seven or eight hours; then stir it very well together, to make the meat separate: Cover it close again, and in an hour try your broth in a cup, to see if it will glutinate; if it does, take it off, and strain it through a canvas jelly bag into a clean pan; then have china, or well glazed earthen cups, and fill them with the clear jelly, put them into a broad gravy-pan, or

stew-pan, with boiling water, set in your cups, and let them boil in that till they are perfect glue : When they are almost cold, run a knife round them, and turn them upon a piece of new flannel, to draw out all the moisture ; in six or seven hours turn them, and do so till they are perfectly hard and dry ; put them into stone jars, and keep them in a dry place.

This is very good for soups, sauces, or gravies. When you intend to make it into soup, shred and wash very clean what herbs you have to enrich it, as sellery, endive, charvil, leeks, lettice, or indeed what herbs you can get ; boil them in water till they are tender, strain them off, and with that water dissolve what quantity of portable soup you please, according to the strength you would have it. If you are where you can get it, fry a French roll, and put in the middle of your dish, moistened first with some of your soup, and when your cakes are thoroughly melted, put your herbs to it, and set it over the fire till it is just at boiling ; then dish it up, and send it to table.

To make a portable Soup white.

TAKE a leg of veal, bone it, and take off all the skin and fat ; take likewise two dozen of fowls or chickens feet washed clean, and chopped to pieces ; put all into a large stoving-pot with three gallons of soft water, and let it stove gently, till the meat is so tender, as to separate. You must keep your pot tight covered, and a constant fire during the time of its stoving ; in about seven or eight hours, try your jelly in a cup, and when quite cold, if it is so stiff, you cannot well cut it with a knife, take it off, and strain it through a sieve, and take off all the fat, and first with a spoon, and

and then with philtering paper : Provide china cups, and fill them with the clear jelly ; set them on a gravy-pan, or a large stew-pan of boiling water over a stove ; in this water boil your jelly in the cups, till it is as thick as glue. After which, let them stand in the water till they are quite cold : Before you turn them out of your cups, run the edge of a knife round them, to loosen them ; then turn upon a piece of new flannel, which will draw out all the moisture gradually. Turn them every six or eight hours, till they are perfectly dry. and like a piece of glue, keep them in as dry a place as you can, and in a little time they will be so dry, that you may carry them in your pocket, without the least inconvenience. When you want to use it, take a piece about the bigness of a walnut, and pour a pint of boiling water on it, stirring it till it is dissolved ; season it with salt to your taste, and you will have a basin of strong broth. If you want a dish of soup, boil vermicelli in water ; then to a cake of your soup, pour a pint of water, so that four cakes will make two quarts ; when it is thoroughly melted, set it over the fire just to simmer ; pour it into your dish, put in thin slices of bread hardened before the fire, and the vermicelli upon them. Thus you have a dish of soup in about half an hour. While this is doing, you may have any thing drest to follow, which will not only be a good addition to your dinner, but saving time.

Note. You must season it to your palate, as there is no salt, or seasoning of any kind in the preparation.

Soup Lorraine.

HAVE ready a strong veal broth that is white, and clean skimmed from all fat ; blanch a pound of almonds,

almonds, beat them in a mortar, with a little water, to prevent their oiling, and the yolks of four poached eggs, the lean part of the legs, and all the white part of a roasted fowl; pound all together, as fine as possible; then take three quarts of the veal broth, put it into a clean stew-pot, put your ingredients in, and mix them well together; chip in the crust of two French rolls well rasped; boil all together over a stove, or a clear fire. Take a French roll, cut a piece out of the top, and take out all the crumb; mince the white part of a roasted fowl very fine, season it with pepper, salt, nutmeg, and a little beaten mace; put in about an ounce of butter, and moisten it with two spoonfuls of your soup strained to it; set it over the stove to be thorough hot; Cut some French roll in thin slices, and set them before the fire to crisp; then strain off your soup through a tammy or a lawn-strainer, into another clean stew-pot; let it stew till it is as thick as cream; then have your dish ready; put in some of your crisp bread; fill your roll with your mince, and lay on the top as close as possible; put it into the middle of your dish, and pour a ladle-full of your soup over it; put in your bread first, then pour in your soup, till your dish is full. Garnish with petty patties; or make a rim for your dish, and garnish with lemon rased.

If you please, you may send a chicken boned in the middle, instead of your roll; or you may send it to table with only crisp bread.

A good Pease Soup.

TAKE a quart of split pease, put them into a gallon of soft water, with a faggot of herbs, some whole Jamaica, and black pepper, two or three onions, a pound

a pound of lean beef, a pound of mutton, and about a pound of the belly-piece of salt-pork ; boil all together, till your meat is thoroughly tender, and your soup strong ; then strain it through a sieve, and put it into a clean sauce-pan ; cut and wash three or four large heads of sellery, some spinage, and a handful of dried mint, rubbed fine ; boil it till your sellery is tender ; then serve it up with toasted bread cut in dice.

A Sorrel Soup with Eggs.

TAKE the chump end of a loin of mutton, and part of a knuckle of veal to make your stock with ; season it with pepper, salt, cloves, mace, and a faggot of sweet herbs ; boil it till it is as rich as you would have it ; strain it off, and put it into a clean sauce-pan : Put in a young fowl, cover it over, and stow it ; then take three or four large handfuls of sorrel washed clean ; chop it grossly, fry it in butter, put it to your soup, and let it boil till your fowl is thoroughly done ; scum it clean, and send it to table with the fowl in the middle, and six poached eggs round it. Garnish your dish with fried sippets, and stewed sorrel.

A rich Gravy Soup.

TAKE a pound of lean beef, two pounds of veal, and a pound of mutton cut in pieces ; put them into a pot, with six quarts of water, a large faggot of sweet herbs, an onion stuck with cloves, some whole pepper, a little mace, and the upper crust of bread toasted brown. Put in an ox's palate well clean'd, and blanched whole ; set it over a slow fire, and let it stew till half is wasted ; strain it off, and put it into a clean sauce-pan : Take the ox's palate shred small, some
cock's-

cock's-combs blanched, an ounce of morels cut in pieces, four large heads of sellery well washed, and cut small, with the hearts of four or five savoys, about as big as a turkey's egg, put in whole : Cover it close, and let it stew softly for an hour and an half. If it wants any more seasoning, add it ; cut some French bread toast thin, and crisp them before the fire. When your soup is ready, lay your bread in the dish, and put in your soup. Garnish with spinage and boiled turnip cut in slices.

A Vermicelli Soup white.

TAKE two quarts of strong veal broth, put into a clean sauce-pan, a piece of bacon stuck with cloves, and half an ounce of butter worked up in flour ; then take a small fowl trussed to boil, break the breast-bone, and put it into your soup ; stow it close, and let it stew three quarters of an hour ; take about two ounces of vermicelli, and put to it some of the broth ; set it over the fire till it is quite tender. When your soup is ready, take out the fowl, and put it into your dish ; take out your bacon, skim your soup as clean as possible ; then pour it on the fowl, and lay your vermicelli all over it ; cut some French bread thin, put it into your soup, and send it to table.

If you chuse it, you may make your soup with a knuckle of veal, and send a handsome piece of it in the middle of your dish, instead of the fowl.

A green Pease Soup.

HAVE a knuckle of veal of four pounds, a pint and half of the oldest green pease shelled, set them over the fire, with five quarts of water : and two or three

three blades of mace, a quarter of an ounce of whole pepper, a small onion stuck with three cloves, and a faggot of sweet herbs ; cover it close, and let it boil till half is wasted : strain it off, and pass your liquor again through a sieve, put it into a clean sauce-pan, with a pint of the youngest pease, the heart of a cabbage, a lettuce or two, and the white part of three or four heads of sellery cut small ; cover it close, and let it stew for an hour. If you think it is not thick enough, take some of your soup, and put in half a spoonful of flour ; stir it in a bason till it is smooth ; pour it into your soup ; stir it well together, and let it boil for ten minutes ; then dish it up with the crust of a French roll.

A white Pease Soup.

TAKE four pounds of the meat of a leg of beef cut in pieces ; put it into a pot, with six quarts of soft water, a pint and an half of split pease, some whole pepper, and a little salt ; make a faggot with the tops of sellery, thyme, and parsley, a leek cut in pieces, a parsnip split and cut ; cover it close, and let it boil till a third is wasted ; strain it off, and put your soup into a clean sauce-pan ; wash a bunch of sellery clean, cut the white part small, put it to your soup, let it boil half an hour ; then wash two handfals of spinage, cut it a little, and put it in, and let it boil a quarter of an hour longer ; cut some rashers of bacon into dice, and some broad in dice likewise ; fry them of a nice brown ; season your soup with pepper and salt to your taste ; then pour it into your dish, and put in your fried bread and bacon. Garnish your dish with boiled spinage.

A good

A good Beef Broth.

BREAK the bone of a shin of beef, and put it into a gallon of water, with an onion, whole pepper, salt, mace, and a crust of bread; cover it close, and let it stew till the sinews are quite tender; then take up your meat with a slice, lay it in the dish, and pour the broth to it; send toasted bread cut in dice, in a plate, and a few in the dish.

Boil a quart of split pease in two quarts of water, till they are pulp; put it to the remainder of your broth, with some sellery; it will make a good soup.

To make Mutton Broth.

TAKE two pounds of the chump end of a loin of mutton; cut away the skin, and part of the fat from the back part, and all the suet from underneath; put it into a clean sauce-pan, with three pints of soft water, and a tea-spoonful of salt: When it boils, scum it very clean, and put in the upper crust of bread, a blade of mace, and three or four pepper-corns; let it boil gently, till it is as strong as you would have it: Send it to table in a soup dish, with the bread and mutton in the middle, toasted bread cut in a plate, and mashed turnips, in another. Don't boil your turnips with your broth.

To make Veal Broth.

TAKE a scrag of veal, of about three pounds; put it into a clean sauce-pan, with a tea spoonful of salt; when it boils scum it clean; put in a spoonful of ground rice, some mace, a faggot of herbs, and let it boil gently for near two hours, or till you have about two quarts: Send it to table with your veal in the middle, toasted bread, and parsley and butter in a boat.

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To ragoo a Rump of Beef.

BONE a rump of beef, and flour it all over ; put it into a large stew-pan, and with a good piece of butter fry it brown all over ; then pour in a quart of gravy, and as much water as will cover it ; put in a whole onion, and season with mace, cloves, pepper and salt ; let it stew, close covered, till tender, and your liquor is very rich. When your beef is enough, take it up, put it into your dish, and keep it hot, with a cover over it ; scum your sauce very clean, and put in morels, truffles, artichoke bottoms, and fresh mushrooms, if you have them ; if not, a gill of pickled ones, a glass of red wine, and a piece of butter rolled in flour, toss up all together, till it is of a good thickness ; pour your ragoo over your meat. Garnish your dish with horse-radish, barberries, and sliced lemon.

To make Chicken Broth.

TAKE a nice chicken, singe it, and put it into a quart of soft water, with a little salt, a blade of mace, and a crust of the underside of bread : Let it boil six minutes ; take off the chicken, and cut it all to pieces ; put it in with the gravy that came from it : If a large one, boil it a quarter of an hour, if a small one, ten minutes.

To make Beef Broth.

TAKE four pounds of lean beef, free from skin and fat, boil it in a gallon of soft water, with a tea-spoonful of salt : scum it very clean, and let it boil till half is wasted.

To make Beef Broth another Way.

TAKE a pound of lean beef, cut off the skin, and fat, cut it into thin pieces, and boil it ten minutes in a quart of water.

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A good Beef Broth.

BREAK the bone of a shin of beef, and put it into a gallon of water, with an onion, whole pepper, salt, mace, and a crust of bread; cover it close, and let it stew till the sinews are quite tender; then take up your meat with a slice, lay it in the dish, and pour the broth to it; send toasted bread cut in dice, in a plate, and a few in the dish.

Boil a quart of split pease in two quarts of water, till they are pulp; put it to the remainder of your broth, with some fellery; it will make a good soup.

To make Mutton Broth.

TAKE two pounds of the chump end of a loin of mutton; cut away the skin, and part of the fat from the back part, and all the suet from underneath; put it into a clean sauce-pan, with three pints of soft water, and a tea-spoonful of salt: When it boils, scum it very clean, and put in the upper crust of bread, a blade of mace, and three or four pepper-corns; let it boil gently, till it is as strong as you would have it: Send it to table in a soup dish, with the bread and mutton in the middle, toasted bread cut in a plate, and mashed turnips, in another. Don't boil your turnips with your broth.

To make Veal Broth.

TAKE a scrag of veal, of about three pounds; put it into a clean sauce-pan, with a tea spoonful of salt; when it boils scum it clean; put in a spoonful of ground rice, some mace, a faggot of herbs, and let it boil gently for near two hours, or till you have about two quarts: Send it to table with your veal in the middle, toasted bread, and parly and butter in a boat.

To

To ragoo a Rump of Beef.

BONE a rump of beef, and flour it all over ; put it into a large stew-pan, and with a good piece of butter fry it brown all over ; then pour in a quart of gravy, and as much water as will cover it ; put in a whole onion, and season with mace, cloves, pepper and salt ; let it stew, close covered, till tender, and your liquor is very rich. When your beef is enough, take it up, put it into your dish, and keep it hot, with a cover over it ; scum your sauce very clean, and put in morels, truffles, artichoke bottoms, and fresh mushrooms, if you have them ; if not, a gill of pickled ones, a glass of red wine, and a piece of butter rolled in flour, toss up all together, till it is of a good thickness ; pour your ragoo over your meat. Garnish your dish with horse-radish, barberries, and sliced lemon.

To make Chicken Broth.

TAKE a nice chicken, singe it, and put it into a quart of soft water, with a little salt, a blade of mace, and a crust of the underside of bread : Let it boil six minutes ; take off the chicken, and cut it all to pieces ; put it in with the gravy that came from it : If a large one, boil it a quarter of an hour, if a small one, ten minutes.

To make Beef Broth.

TAKE four pounds of lean beef, free from skin and fat, boil it in a gallon of soft water, with a tea-spoonful of salt : scum it very clean, and let it boil till half is wasted.

To make Beef Broth another Way.

TAKE a pound of lean beef, cut off the skin, and fat, cut it into thin pieces, and boil it ten minutes in a quart of water.

To mince Veal or Chicken.

TAKE off the skin, and mince either veal or chicken very fine ; boil as much water as will moisten it, with a little salt, nutmeg, and a little flour ; when it boils, put in your mince, and a bit of butter as big as a nutmeg ; boil it for two or three minutes, put sippets into your plate, and pour the mince over them.

To make an Onion Soup for Lent, or a Fast-day.

FIRST, put a tea-kettle of water on to boil, then slice six Spanish onions, or some of the largest onions you have ; flour them pretty well, then put them into a stew pan that will hold about three quarts, fry them in butter till they are of a fine brown, but not burnt ; pour in boiling water sufficient to fill the soup-dish you intend ; let it boil, and take half a pound of fresh butter rolled in flour ; break it in, and keep it stirring till your butter is melted : As it boils, skim it very well, and put in a little pepper and salt ; cut a French roll into slices, and set it before the fire to crisp ; poach seven or eight eggs very nicely ; cut off all the ragged part of the whites, drain the water from them, and lay them upon every slice of roll ; pour your soup into your dish, and put the bread and eggs carefully into the dish with a skimmer. If you have any spinage boiled, lay a leaf between every piece of roll, and send it to table.

If you have any Parmezan cheese, scrape about an ounce very fine, and put it in when you pour on your boiling water ; it gives a very high flavour, and is not to be perceived by the taste what it is.

A Gravy

A Gravy without Meat.

TAKE half a gill of small beer, a gill of water, an onion cut small, some pepper, salt, two cloves, a spoonful of mushroom or walnut pickle; put all together, with a bit of lemon-peel, and a piece of butter into a sauce-pan; melt it, and dust in some flour; stir it till it is brown; then pour in your liquor, and let it boil for five or six minutes; strain it off for use.

Gravy for Turkey, or any roast Fowls.

TAKE a pound and a half of lean beef cut in thick slices; score it with your knife, and flour it well all over; put about two ounces of butter into a stew-pan; when melted, lay in your beef, and fry it very brown, but not burnt; pour in three pints of boiling water, a bundle of sweet herbs, a small onion, with three cloves stuck in it, a little mace, and whole pepper, two or three slices of carrot, and a crust of bread toasted very brown; boil all together, till half is wasted, then strain it off for use.

Gravy for a Fowl, upon a Necessity.

TAKE the neck, liver, and gizzard, about half a pint of water, a piece of bread toasted very brown, a little pepper and salt, and a piece of dried mushroom, if you have it; boil it till half is wasted; put in a large spoonful of red wine, thicken it with a bit of butter rolled in flour; let it have a boil or two, and strain for use.

To make a Stock for brown, or white Fish-soups.

TAKE two pounds of eels, a piece of skate of a pound, and four flounders, cut them in pieces, and put to them as much water as will cover them; season with pepper, salt, and mace, an onion stuck

with cloves, a head or two of fellery, and two parfly roots sliced, with a faggot of sweet herbs: Boil it an hour and an half close covered, then strain it off for use.

If you want a brown stock, pass your fish off in brown butter, and stove it with the same ingredients, as above.

It is proper that you have a fish-stock by you during Lent, although it will not keep above two or three days at most.

To make a strong Fish Gravy.

TAKE eels, or what fish you have, very well cleansed and in pieces; put them into a sauce-pan, with an anchovy or two; cover them with water, and season with mace, whole pepper, a bit of lemon-peel, and a small bundle of sweet herbs; boil it till it is very rich; put a piece of butter into a stew-pan when it is hot, dust in some flour, stir it till it is brown, then strain your gravy to it; stir it till it boils, scum it clean, boil it two or three minutes after, and it will be fit for use.

A green Pease Soup without Meat, for Lent.

WHILE you are shelling your pease, separate the old from the young; boil the old ones till they are soft enough to pass through a cullender; boil the young ones as you would for eating, with some pepper, two blades of mace, and a little salt. Put the pulps of the old pease to your young pease, and the liquor they were boiled in (reserving a few to garnish your dish) put in half a pound of fresh butter, a faggot of thyme, and sweet marjoram, a little mint, spinage, and a green onion shred fine: As these boil, dust in a handful of flour; stir it all the time, that it does not clot.

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When it is boiled enough, take out your faggot, and put in á French roll ; when that is well soaked, put it into the middle of your dish, and pour in your soup. Garnish with green pease, and sprigs of mint. Send toast baked and cut in diamonds, in a plate, and a few in your dish.

An Oyster Soup for Lent.

HAVE ready a good fish-stock, then take two quarts of oysters without the beards ; bray the hard part into a mortar, with the yolks of ten hard eggs. Set what quantity of fish-stock you shall want over the fire with your oysters ; season it with pepper, salt, and grated nutmeg : When it boils, put in your eggs, and let it boil till it is as thick as cream. Dish it up with bread cut in dice.

Craw Fish Soup.

TAKE a hundred and a half of craw-fish, put them into three quarts of water, with a bunch of sweet herbs, two or three blades of mace, pepper, and salt, and an onion stuck with cloves ; boil all together, till your fish is enough ; take them out, and leave the liquor boiling. Put on a pint of old green pease to boil, then pick out all the tails of your craw-fish, (at the end of the tail, in the body, there is a little black bag, be sure to take that out, or it will spoil your soup, for it is as bitter as foot) bruise them fine in a mortar, the body, claws, and shells, and pour the liquor they were boiled in, to them ; take off your pease, if they are thoroughly boiled : Strain them off, and pass the pulse through a cullender, and put it to your liquor and craw-fish ; then strain it through a tammy, or silk strainer ; put it into a clean sauce-pan, set it over your stove,

and let it stew gently. Take a piece of butter, about an ounce and a half; put it into a stew-pan, and when it is quite hot, dust in a small spoonful of flour; put in the tails of your craw-fish (reserving twenty) and give them a shake round for two minutes; pour in a pint of strong fish gravy, and a pint of your soup; stir it well together, and boil it six or eight minutes: Pour all into your soup, cover it close, and let it boil for a quarter of an hour. Fry the twenty tails you saved, nice and brown, with some sippets cut in squares, and three corners, in butter: Cut some French bread thin, and set it before the fire to crisp; then scum your soup as clean as possible: If you think it is not thick enough, take out some of the soup, and work in some flour, till it is smooth, and pour it in; stir it well together, and boil it four or five minutes; then pour your soup into your dish (put in your crisp bread first;) garnish with the tails, and fried sippets intermixed. Send it hot to table.

To make a brown Soup for a Fast-Day.

INTO a clean sauce-pan, put three quarts, or more of water, with raspings sufficient to thicken it, two or three onions cut-a-cross, two or three cloves, some whole pepper, and a little salt; cover it close, and let it boil about an hour and a half, and strain it off through a sieve; then have sellery, endive, lettice, spinage, and what other herbs you like, not cut too small, and fry them in butter; take a clean stew-pan, that is large enough for your ingredients; put in a good piece of butter, dust in flour, and keep it stirring, till it is of a fine brown; then put in your herbs and soup, boil it till the herbs are tender, and the soup of a proper thickness.

ness. Have bread cut in dice, and fried brown ; pour your soup into the dish, put some of the bread in your soup, the rest in a plate, and serve it up.

To make a white Soup for a Fast-Day.

PUT in a clean sauce-pan two or three quarts of water, the crumb of a two-penny loaf, with a bundle of herbs, some whole pepper, two or three cloves, an onion or two, cut cross, and a little salt ; let it boil for some time, till it is very smooth. If any scum arises, take it off very clean : Soak a small French roll, nicely rasped, in some of the soup ; put it in the middle of the dish, pour in your soup, and send it to table.

A Rice Soup for Lent, or a Fast-Day.

TWO quarts of water, put three quarters of a pound of rice clean picked and washed, with a stick of cinnamon ; let it be covered very close, and simmer till your rice is tender ; take out the cinnamon, and grate near half a nutmeg ; beat up the yolk of four eggs, and strain them to half a pint of white wine, and as much pounded sugar as will make it palatable put this to your soup, and stir it very well together : Set it over the fire, stirring it till it boils, and is of a good thickness ; then send it to table.

Soup Meagre.

TAKE a bunch of fellery washed clean, and cut in piece, a large handful of spinage, two cabbage lettices, and some parslly ; wash all very clean, and shred them small ; then take a large clean stew-pan, put in about half a pound of butter, and when it is quite hot, slice four large onions very thin, and put into your butter ; stir them well about for two or three minutes ;

nutes ; then put in the rest of your herbs ; shake all well together for near twenty minutes ; dust in some flour, and stir them together ; pour in two quarts of boiling water ; season with pepper, salt, and beaten mace : Chip a handful of crust of bread, and put in ; boil it half an hour, then beat up the yolks of three eggs in a spoonful of vinegar ; pour it in, and stir it for two or three minutes ; then send it to table.

A Soup for Lent, or a Fast-Day.

TAKE of fish-stock as much as is wanted for your dish ; put it into a clean sauce-pan, with two or three white sea biscuits pounded ; then get two handfuls of chervil, a head of endive, a handful of the leaves of white beet, and two leeks ; wash all very clean, and shred them small ; put them to your soup : When it boils scum it very clean ; take some of your broth, and stir in some flour till it is quite smooth ; boil it till your herbs are tender, and the soup of a good thickness. Cut some French bread very thin, and lay in your dish ; then pour in your soup, and serve it up. If you have a fish-stock ready, you may make a soup in two hours at any time.

Another Green Pease Soup for a Fast-Day.

BOIL a quart of green pease in a gallon of water, with a bunch of mint, a few sweet herbs, mace, whole pepper, and three cloves. Boil it till the pease have slipped the husk ; strain it through a sieve into a clean sauce-pan, and put in four or five heads of fellery, a handful of spinage, a cabbage-lettice, and a leek, all washed very clean, and shred small ; add a quart of young pease and a little salt ; boil it slowly till there is
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about five pints, and your herbs are tender : then send it to table, with the crust of a French roll chipped in.

A Turnep Soup for a Fast-Day.

PARE a bunch of turneps (save out three or four,) put them into a gallon of water, with half an ounce of white pepper, an onion stuck with cloves, three blades of mace, half a nutmeg bruised, a good faggot of sweet herbs, and a large crust of bread. Boil them an hour and a half, then pass them through a sieve; clean a bunch of sellery, and cut it small, put it into your turneps and liquor with two of the turneps you saved, and two young carrots cut in dice ; cover it close, and let it stew ; then cut turneps and carrots in dice ; flour them, fry them brown in butter, with two large onions cut thin, and fried likewise ; put them all into your soup, with vermicelli ; let it boil softly, till your sellery is tender, and your soup is good. Season it with salt to your palate.

A Barley Soup.

TO a gallon of water put half a pound of barley, the peel of a lemon grated, the crumb of a half-penny roll, and some grated nutmeg ; boil it till it is wasted half away ; then stir it very well together, and put in half a pint of white wine ; sweeten it to your taste, and put in some thin slices of French roll hardened before the fire when you send it up.

An Eel Soup.

TO every quart of water put a pound of eels cut in pieces ; season it with pepper, salt, mace, a bundle of sweet herbs, an onion, and two anchovies ; add a large upper-crust of bread ; cover close, and let it

it stew till half is wasted ; add toasted bread, cut into dice, strain off your soup, and dish it up.

If it is not thick enough with the bread, work a piece of butter rolled in flour, and put in and boil it for three or four minutes.

If you would have it brown, pass your eels through burned butter, and stew them as above.

Observations when you make Soups.

TAKE particular care that your stew-pots and covers be well tinned, and perfectly free from grease and sand : that your sieves, ladles, tammies, strainers, culendars, and spoons, are kept clean, and be sure that no soap comes near them ; that your herbs are very clean washed and picked before you shred them, and that they be well drained before you fry them for soups, if you do not take care of this, your soups will taste greasy and disagreeable. After a stock is made, and the ingredients are put together, never let your soups boil fast ; if they do but boil it is sufficient, and stir them frequently. You must likewise observe, that no broth or soup should taste of one thing more than another ; that it has an agreeable flavour of what you designed ; and when you make use of a thickening, let it be the last thing before you dish up ; and be careful that there is no froth or scum upon the soup when it goes to table.

A Ragoo with Eggs.

BOIL six eggs hard ; then take large fresh mushrooms, peel and scrape them clean, put them into a sauce-pan, with a little salt, cover them, and let them boil ; put to them a gill of red wine, a good piece of butter rolled in flour, seasoned with mace and nutmeg;

meg ; let it boil till it is of a good thickness ; cut the white of your egg round, so that you do not break the yolks ; lay some toasted sippets in your dish, with the yolks of eggs ; then pour over your ragoo ; garnish with the whites ; let the picked end be uppermost and a Seville orange between.

Eggs in Cream.

BEAT up the whites of ten eggs with a tea-cup full of rose-water, some grated lemon-peel, a little nutmeg, and pounded sugar ; mix all well together, and tie them close up in five bladders ; boil them till they are quite hard ; when cold, take them out, and put them into your dish ; mix half a pint of cream, with a gill of sack, and a little of the juice of Seville orange ; sweeten it with pounded sugar to your taste, and pour it over your eggs ; garnish your dish with preserved barberries.

This is a pretty-side dish for a supper.

A pretty dish of Eggs.

BOIL six eggs hard, cut them in slices a quarter of an inch thick ; put some butter into a pan, and fry them over a quick fire ; ten minutes will do them ; set them before the fire to keep hot ; strew over them pepper, salt, and grated nutmeg , for your sauce put a quarter of a pound of butter into a stew-pan, dust in some flour, stir it about, shred two or three shalots fine, put them into your butter, with half a pint of white wine, and the juice of a lemon ; stir it till it is of a proper thickness ; lay your eggs in the dish, with toasted sippets round ; pour the sauce over, and send it hot to table.

To

To broil Eggs.

FIRST put your salamander into the fire, then cut a slice round a quartern loaf, toast it brown, and butter it, lay it into your dish, and set it before the fire ; poach seven eggs just enough to set the whites, take them out carefully, and lay them on your toast ; brown them with the salamander, grate some nutmeg over them, and squeeze Seville orange over all. Garnish your dish with orange cut in slices.

Eggs with Bread.

TAKE a small deep dish, and butter the bottom very well, breaking as many eggs as will cover the bottom ; set a quart of milk on the fire to boil ; take the crumb of two French rolls, or a penny loaf, cut it thin into a pan, and pour the milk on it ; when it is well soaked, beat it up with orange-flour, or rose-water, grate in a little nutmeg, and sweeten it to your taste ; pour it over the eggs, and bake it half an hour. This may be done in a Dutch oven.

To farce Eggs.

TAKE two cabbages, parslly, sorrel, and chervil, a handful of each, scald them, and chop them small, the yolks of six or eight eggs boiled hard, and some fresh mushrooms chopped small ; season with salt and nutmeg ; mix all together, and fry them in butter. When they are enough, add a gill of cream ; let them simmer, and scum it well ; chop the whites small with some parslly, a little salt and nutmeg mixed together ; lay this round the rim of your dish, and brown it with a salamander, or hot shovel ; pour your farce into the dish, and send it away hot.

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Lettice stewed with Eggs.

BOIL cabbage lettice, press out the water, cut them in slices, and season them with pepper, salt, and nutmeg; stew them with a good piece of butter, till they are tender; then fry some eggs very nicely; pour your stew into the dish, lay on your eggs, and garnish with Seville orange.

Or you may stew spinage, and do them the same way.

Eggs with Sorrel.

BOIL cabbage lettice, press out the water, cut them in slices, and season them with pepper, and salt; bake a toast, and cut it into sippets; poach four eggs, and boil three hard; lay your sippets in the dish, your spinage in the middle, and then your eggs intermixed. Garnish with hard eggs cut in halves, orange quartered, and toasted sippets; send it hot to table.

To make a brown Fricassée of Eggs.

BOIL as many eggs hard as you want to fill your dish; take off the shells, and fry them in butter, of a fine brown; pour your fat out of the pan, put in some flour, and a lump of butter, stir it till it is thick, and of a good brown; pour in some boiling water, a gill of Madeira, a little pepper, salt, and beaten mace; boil all together, till it is of a good thickness; scum it, and squeeze in a little orange; cut some of your eggs in halves, lay the picked side uppermost, and the whole ones between; pour the sauce over, garnish with fried parsley, and Seville orange, cut in small quarters.

Eggs a la Tripe.

BOIL eggs hard, and shell them, cut them in quarters; put a piece of butter into a stew-pan, dust
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in some flour, and stir it ; grate some nutmeg, a little pepper and salt, and a good deal of shred parfly ; lay in your eggs, shake your pan round carefully, and let it boil ; then add a gill of cream, and let it just simmer ; take your eggs out with a slice, and dish them ; pour the sauce over, and garnish with sliced lemon.

To make an Aumlet of Eggs.

TAKE fourteen eggs, beat them very well, add a handful of parfly, and a few chives chopped small, some pepper, salt, and nutmeg ; set a stew-pan over a stove, and put in half a pound of fresh butter : When it is hot, pour in your aumlet, fry it quick, of a fine brown on one side ; put a small dish into your pan, and turn the aumlet into it, then slip it into the pan again, just to fix it ; let your fire be quick, and keep the pan shaking round ; slide it into your dish, and send it hot to table. If you have any cream, you may add two or three spoonfuls.

An Aumlet of Eggs with Gravy.

TAKE what quantity of eggs you please, beat them up with two or three spoonfuls of strong gravy, a handful of parfly, a little pepper and salt ; have your frying pan ready, with a good piece of butter in it, and as soon as it is hot, pour in your aumlet, and fry it of a fine brown ; while it is doing, shelve your pan, that it may be all alike thick. Lay the bottom of a warm plate on your aumlet, and turn it upon it ; lay it into your dish, and send it away hot.

To make a Clary Aumlet.

TAKE young leaves of clary chopped fine, beat up your eggs with pepper, salt, and nutmeg ; mix all together, and fry it as above.

To make an Oyster Aumlet.

OPEN as many oysters as will fill a pint, take off the beard, and hard part, and chop them a little add a handful of parfly, a few young onions chopped small, a little salt, pepper, and beaten mace ; beat up twelve or fourteen eggs very well, and mix all together ; set a stew-pan over the stove ; put in a quarter of a pound of butter to melt, and break a quarter of a pound more into your aumlet : When your butter is hot, pour the aumlet in, and with a knife job it, to let your butter down by degrees ; fry it of a pale brown on both sides : send it to table, garnished with Seville orange in quarters. Thus you may do muscles, cockles, or shrimps. These are pretty dishes for Lent, or fast-days.

To stew green Pease for a Fast-Day.

PUT a quarter of a pound of fresh butter into a clean stew-pan, and make it brown ; dust in a little flour, and pour in water by degrees, at your discretion ; then take two cabbage lettices shred, two or three cucumbers, with the seeds taken out, and cut in pieces, a pint of green pease, an onion stuck with cloves, a little salt and pepper : Cover your pan down close, and let them stew till the herbs are very tender ; take off the lid, and scum it very clean : If you think it is not thick enough, work a piece of butter in flour ; stir it in till it boils ; send it to table with fried bread cut in dice. Take out your onion before you send it up.

To stew Pease with Gravy.

BOIL a quart of pease not quite tender, shred two or three cabbage lettices, a bundle of sweet herbs,

and an onion stuck with cloves; add salt and pepper to your taste; stew these with half a pint of water, till tender: Take out your herbs and onion; put in your pease, with a quart, or three pints of strong gravy, work a piece of butter in flour, and stir it in; scum it, and let all stew together about half an hour. Send it to table with fried or toasted bread cut in dice.

Green Pease with Cream.

PUT a quart of young pease into a stew-pan, with about two ounces of butter, rolled in a little flour, seasoned with salt and nutmeg, a small lump of sugar, a faggot of sweet herbs, a little parsley chopped small, and a gill of water; cover them close, and stew them softly for half an hour; take out your herbs, and pour in a gill of cream; shake it round, and let it boil up, then send it to table.

Sellery with Cream.

TAKE the white part of a bunch of sellery washed clean, and cut three inches long, boil it tender, and strain it off; then beat up the yolks of four eggs, strain them into half a pint of cream, and a little salt and nutmeg; put all into a tofs-pan; set it over the stove, and keep it shaking till it boils, and is of a proper thickness: Send it to table for a side-dish. This is proper when you have chickens boiled.

To make white Caudle.

BOIL four spoonfuls of oat-meal in two quarts of water, with a blade or two of mace, and a piece of lemon-peel; stir it often, and let it boil a full quarter of an hour, then strain it through a sieve for use; when you use it, grate in some nutmeg, sweeten it to your palate, and add what wine you think proper: If
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it is not for a sick person, you may squeeze in a little lemon juice.

To make a brown Caudle.

MAKE your gruel as above, with six spoonfuls of oatmeal, and strain it, then add a quart of ale that is not bitter, half a pint of white wine, and sugar to your taste. If you don't put in wine, make it half ale and half water.

To make Panado.

PUT a large piece of crumb of bread into a clean sauce-pan, with a pint and a half of water, and a blade or two of mace; boil it till quite soft, then pour off all the water, and beat your bread smooth with two clean skewers; then add a spoonful of white wine, and sweeten it to your taste.

To boil Sago.

PUT a spoonful of sago into three quarters of a pint of water, set it over a slow fire, that it does not boil hard; keep it simmering till it is as thick as jelly, and the sago quite tender, then add wine and sugar, with some nutmeg grated to your taste.

To make Saloop.

PUT on a pint of water to boil, take a tea-spoonful of saloop, and mix it in cold water; when your water boils, pour it in, and keep stirring till it is of a fine jelly: Add wine and sugar to your taste.

Jelly of Isinglass.

BEAT an ounce of isinglass very fine, and pick it in small pieces, put it into a quart of water, boil it till near half is wasted, then add wine and sugar to your palate.

To make a white Pot.

BEAT eight eggs, leaving out four whites, with a little rose water; strain them to two quarts of new milk, and a small nutmeg grated, and sugar, to your taste; cut a French roll in thin slices, and lay in the bottom of a soup dish (after buttering it) then pour over your milk and eggs, and bake it in a slow oven.

To make Rice Milk.

BOIL a quarter of a pound of rice in a quart of water, with a piece of cinnamon, till your rice is quite tender; strain it off, and take out your cinnamon; put it to a quart of milk; set it over the fire, and thicken it with the yolk of an egg; keep it stirring till it boils, and sweeten it to your taste. When you send it up, grate some nutmeg into it.

To make Furmety.

TAKE six bowls of wheat, which is near a quart, put it to two quarts of new milk, set it over a slow fire, and stir it well; stone half a pound of jar raisins, and two ounces of currants, clean washed, and rubbed in a cloth, to take out all the stalks; put in your fruit, and boil all together; then beat up the yolks of three eggs, with two or three spoonfuls of milk, strain it, and put it to your wheat; stir it well, and let it boil for five or six minutes; grate in some nutmeg, sweeten it to your taste, and send it to table.

To make a fineasty Pudding.

BEAT up an egg, and make it into a very stiff paste with flour, then cut it very small, set on a quart of milk to boil with grated nutmeg, and beaten cinnamon, and sugar, to your taste; put in your paste, and keep it stirring till it boils; then put in a piece of
fresh

fresh butter as big as your thumb, keep it stirring till it is as thick as you would have it; pour it into your dish, and put pieces of butter on the top. Send it to table as hot as you can.

S A U C E S *for* F I S H.

Lobster Sauce.

TAKE a lobster, bruise the body and spawn, that is in the inside, very fine, with the back of a spoon, mince the meat of the tail and claws small, melt your butter of a good thickness, put in the bruised part, and shake it well together, then put in the minced meat with a very little nutmeg grated, and a spoonful of white wine; let it just boil up, and pour it into boats, or over your fish.

Shrimp Sauce.

PUT half a pint of shrimps, clean picked, into a gill of good gravy; let it boil up with a lump of butter rolled in flour, and a spoonful of red wine.

Oyster Sauce.

TAKE a pint of oysters that are tolerably large; put them into a sauce-pan with their own liquor, a blade of mace, a little whole pepper, and a bit of lemon peel; let them stew over the fire till the oysters are plump; pour all into a clean pan, and wash them carefully, one by one, out of the liquor; strain about a gill of the liquor through a fine sieve, and the same quantity of good gravy, cut half a pound of fresh butter in pieces, roll up some in flour, and then put all to your oysters; set it over a clear fire, shake it round often till it boils, and add a spoonful of white wine; let

let it just boil, and pour it into your bason or boat.

Anchovy Sauce.

STRIP an anchovy, bruise it very fine, put it into half a pint of gravy, a quarter of a pound of butter rolled in flour, a spoonful of red wine, and a tea-spoonful of catch-up ; boil all together till it is properly thick, and serve it up.

A good Fish Sauce.

HALF a pint of water, two anchovies split, a bit of mace, a little lemon-peel, a few peppercorns, and a large spoonful of red wine ; boil all together, till your anchovy is dissolved ; then strain it off, and thicken it with butter rolled in flour. This is the best sauce for skate, maid, or thorn-back.

A Fish Leer.

TAKE a quarter of a pound of anchovies, cut them in pieces, put them into a pint and a half of water, with whole pepper, half a dozen of cloves, a quarter of an ounce of mace, four or five shalots, a piece of lemon-peel, and five or six slices of horse-radish, a pint of white wine, a pint of port, and a gill of anchovy liquor ; boil all together, till it comes to a quart, then strain it off ; when cold pour it clear off from the sediment, put it into a bottle, and keep it for use. Three spoonfuls of this will be sufficient for a pound of butter.

To boil Carp.

TAKE a brace of large carp, scale them, and slit the tails, let them bleed into about half a pint of red wine, with half a nutmeg grated, (keep it stirring, or the blood will congeal) then gut and wash them very clean : boil the roes first, and then the
carp

carp, as you would do any other fish, then fry them; fry some sippets cut corner-ways; dip some large oysters in butter, and fry them also of a fine brown. For the sauce, take two anchovies, a piece of lemon-peel, a little horse radish, and a bit of onion; boil these in water till the anchovies are wasted; strain the liquor into a clean sauce-pan, and, as you like, add oysters stewed, a lobster cut small, without the spawn, crawfish, or shrimps; set it over the fire, and let it boil; then take near a pound of butter, roll a good piece in flour, put it into your sauce-pan with the liquor, with what other ingredients you intend, and boil all together, till it is of a good thickness; then pour in the wine and blood, and shake it about, letting it only simmer. Take up your fish, put it into a dish, and pour the sauce over them. Garnish your dish with fried oysters, horse-radish, fried parsley and lemon; stick the sippets about the fish, and lay the roe, some on your fish, and the rest in your dish; send it to table as hot as you can. A spoonful of catch-up, or walnut-pickle, added to the sauce, is very good, if you like it.

To stew Carp.

SCALE your carp, then gut and wash them very clean, and dry them in a cloth; put a piece of butter into a stew-pan, when it is hot, fry them as quick as you can, till they are of a fine brown; boil the roes, then fry them of a fine gold colour; take them up, and keep them hot before the fire: Then put to your carp half port wine and half water, as much as will cover them a little more than half way; put in some thyme, parsley, a piece of lemon peel, whole pepper,

pepper, a few cloves, a blade or two of mace, an onion, some horse-radish sliced, and two spoonfuls of catchup; put on your cover, and let it stew very gently, till your fish is enough; do not turn them in the pan, but with a ladle take some of the liquor, and pour over your fish every now and then, while they are stewing, then cozer them close again: When they are done enough, take them out of the pan with a slice, and have a care not to break them; put them into the dish you intend to send them to table in, then strain the liquor, and thicken it up with a piece of butter rolled in flour; let it boil till it is pretty thick, pour the sauce over the fish, and garnish your dish with the roes, lemon and horse-radish, and send it to table.

You may squeeze a little lemon into the sauce, if you like it, and add oysters fried in butter; or you may stew them in cyder, instead of wine, and it is very little inferior. Tench may be done the same way.

To stew Carp white.

SCALE and gut your fish very clean, save the roes and melts, then stowe them in some good white broth; season them with mace, salt, whole pepper, an onion stuck with cloves, a faggot of sweet herbs, and about half a pint of white wine; cover them close, and let them stew gently over a charcoal fire. Dip the roes and melts in the yolk of an egg; flour them, and fry them of a fine brown, and have fried parsley and sippets ready. When the fish is near done, take out the onion and faggot, beat up the yolks of four or five eggs, take up the fish carefully, and put it into the dish you serve it in; pour off the sauce, then strain it into a stew pan, and put in your eggs; keep it stirring

ring till it is as fine as cream, then pour it over the dish. Garnish with the roes, fried parfly, fippets, horse-radish scraped, and lemon : Send it as hot as possible to table.

If it is for a fast-day, you must make use of good fish-stock instead of broth, and you may thicken the sauce with butter, rolled in flour.

A plain Way to stew Carp.

CLEAN your carp very well, cut them in two, put them into a stew-pan, with a little onion shred fine, pepper, salt, a little beaten mace, a few capers, chopped small, and some crusts of bread chipped in. Then pour in a gill of white, and a gill of red wine, and as much water as will just cover them; cover the pan close, and let them stew till they are enough, and the sauce grown thick. Serve it up with lemon and horse-radish for garnish.

To fry Carp.

SCALE and clean your carp very well, slit them in two, sprinkle them with salt, flour them, and fry them in clarified butter. Make a ragoo with a good fish broth, the melts of your fish, artich oak bottoms cut in small dice, and half a pint of shrimps; thicken it with the yolks of eggs, or a piece of butter rolled in flower; pour the ragoo into a dish; and lay your fried carp upon it. Garnish with fried fippets, crisp parfly and lemon.

To fry Carp another Way.

SCALE and gut your carp, wash them very clean, and dry them in a cloth; rub them over with the yolk of an egg, flour them, and fry them of a fine gold colour in butter, or clarified beef suet; fry the roes, and

and some bread cut in sippets : When your fish is done, take them out, and lay them on a coarse cloth, or drainer, before the fire, that all the fat may run from them, then fry some parsley very crisp ; lay your fish in the dish, with the roes on each side. Garnish the dish with fried sippets, parsley and lemon, Have anchovy and butter in one boat, and shrimp sauce in another.

To broil a Carp.

CLEAN your carp, and dry it, then cut it upon each side of the back, rub it over with melted butter, and strew pepper and salt over it. For the sauce, put a piece of butter into a stew-pan ; when your butter is hot, slice an onion very thin, and fry it, then dust in some flour, keeping it stirring till brown ; put in a ladle-full of good gravy, or fish-broth ; cut the roe in pieces, add some artichoke bottom, and capers chopped ; boil all together to a proper thickness ; take off all the scum very clean, pour the ragoo over your fish, and serve it up hot.

You may fry tench in the same manner ; if you don't like onions, leave them out, and put in shrimps, crawfish, or oysters.

To bake Carp.

CLEAN your carp very well, and lay them into a pan well buttered that is long enough to hold them ; put in the roes and melts, seasoned with two anchovies, some mace, nutmeg, whole pepper, a bundle of sweet herbs, and an onion stuck with cloves ; pour in a bottle of white wine, tie a paper double over it, and bake it an hour in a good oven. When it comes from the oven, put your dish you serve them

in over hot water ; take your fish out carefully, and lay them in, and cover them over to keep hot ; strain off the liquor they were baked in into a clean stew-pan, and break in half a pound of butter rolled in flour ; keep it stirring till it boils, and take off all the fat and scum as it rises ; add salt to your palate, and squeeze in a little juice of lemon ; pour your sauce over your fish, and lay the roes round. Garnish the dish with lemon and scraped horse-radish.

To fricassée Tench white.

HAVING cleaned your tench very well, cut off their heads, slit them in two, and if large, cut each half in three pieces, if small, in two : Melt some butter in a stew-pan, and put in your tench ; dust in some flour, and pour in some boiling water, and a few mushrooms, and season it with salt, pepper, a bundle of sweet herbs, and an onion stuck with cloves : When this boils, pour in a pint of white wine boiling hot ; let it stew till sufficiently wasted ; take out the fish, and strain the liquor, saving the mushrooms ; bind your fricassée with the yolk of three or four eggs beat up with a little verjuice, some parsley chopped fine, and a little nutmeg grated ; stir it all the time it boils, scum it very clean, pour your sauce over the fish, and send it to table.

To fricassée Tench brown.

PREPARE your tench as in the other receipt ; put in some butter and flour into a stew-pan, and brown it ; then put in the tench with the same seasoning you did your white fricassée ; when you have tossed them up, moisten them with a little fish broth ; boil a pint of white wine, and put to your fricassée, stew
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it till enough, and properly wasted ; then take the fish up, and strain the liquor, bind it with a brown cullis, and serve it up. If asparagus or artichoaks are in season, you may boil these, and add them to your fricassée.

To boil Tench.

CLEAN your tench very well, then put them into a stew-pan, with as much water as will cover them ; put in some salt, whole pepper, lemon-peel, horse-radish, and a bundle of sweet herbs, and boil them till they are enough ; take some of the liquor, a glass of white wine, a pint of shrimps, and an anchovy bruised ; boil all together, roll a good piece of butter in flour, and break it into the sauce ; when of a proper thickness, pour it over the dish. Garnish with lemon and horse-radish scraped.

To bake Tench.

SCALE your tench very well, gut them, and lay them into a deep pan, with as much strong gravy and white wine in equal quantities, as will cover them ; put in some fresh mushrooms, if you have them, and two spoonfuls of catchup ; if you have no fresh mushrooms, put in half a pint of pickled ones, three or four shalots, two anchovies, two or three slices of bacon, some pepper, cloves, nutmeg, a little salt, a piece of lemon-peel, and a bundle of sweet herbs ; break some bits of butter, and lay on the fish, tie it down very close, and bake it an hour.

When it comes from the oven, take the fish out carefully, and lay them in a hot dish ; strain the liquor, take off all the fat, and preserve your mushrooms ; beat up the yolks of three or four eggs, with a little cream, mix this with your sauce, and let it simmer till it is of
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a proper thickness, taking off all the scum ; pour it over your fish. Garnish with beet root, sliced lemon, and scraped horse-radish.

To boil a Cod's Head.

AFTER tying your cod's head round with pack-thread, to keep it from flying, put a fish-kettle on the fire, large enough to cover it with water, put in some salt, a little vinegar, and some horse-radish sliced; when the water boils, lay your fish upon a drainer, and put it into the kettle; let it boil gently till it rises to the surface of the water, which it will do, if your kettle is large enough; then take it out, and set it to drain; slide it carefully off your drainer; into your fish-plate. Garnish with lemon, and horse-radish scraped. Have oyster-sauce in one bason, and shrimp-sauce in another.

To stew Cod.

CUT a cod in slices, as you would for crimping, lay it in a clean stew-pan; season it with nutmeg, a little mace finely beaten, pepper and salt, and a bundle of sweet herbs; then pour in white wine and water an equal quantity, just to cover it; Put on the cover, and let it simmer for six or eight minutes; skim it very clean, put in half a pint of shrimps clean picked, a good piece of butter rolled in flour, and the juice of a lemon; cover it, and shake your pan round gently: As soon as it begins to boil, take off all the scum as it rises: If your sauce is of a proper thickness, your fish will be enough; wipe the rim of the pan very clean, and then slide the fish into your dish, taking care not to break it. Garnish with lemon and scraped horse-radish.

To fricassée Cod.

TAKE half a dozen of cods-ounds a dozen of tongues out of the pickle, blanch them in warm water, clean them very well ; cut your sounds in little pieces, the tongues put in whole ; put these into a clean stew-pan, with a faggot of sweet herbs, and a little beaten mace and nutmeg ; add to this a pint of fish broth, cover it, and let it stew gently. In proportion to the dish you intend to make, you must have a piece of cod for the middle ; clean it, and tie it round, boil it with a handful of salt, and a little vinegar in the water. Scum your fricassée very clean and if you think you have not liquor enough, add some more fish broth ; put in half a pint of shrimps and half a pint of oystersbearded, take out the faggot roll a good piece of butter in flour, and it break in ; shake it round till your butter is melted ; pour in a gill of white wine, and let it boil to a proper thickness, taking off the scum as it rises. Take up your piece of cod when it is enough, lay it into the middle of your dish, and pour your fricassée over it. Garnish your dish with scraped horse-raddish, and sliced lemon. This will make a handsome dish.

To dress Crimp Cod.

CUT a cod into slices, and throw it into pump-water and salt ; if for a large dish, you may dress the whole, or what quantity you want : Set over your stove a large fish-kettle, or turbat-pan, almost full of spring-water and salt sufficient to make it brackish ; let it boil quick, then put in your slices of cod, and keep it boiling and clean scum'd ; in about eight minutes your fish will be enough ; take the slices carefully up, and lay them on a fish-plate. Garnish your dish with horse-raddish,

raddish, lemon, and raw-parfly, Send shrimp sauce in one boat, and oyster sauce in another.

You may take some of the largest slices, flour them and broil them of a fine brown, and send them in a dish for the lower end of your table. Thus you may dress any crimp fish.

To dress Cods-Sounds.

TAKE what quantity of sounds you think you shall want ; if dried, let them lie in water all night ; if pickled, you may blanch them in warm water the day you are to use them. When they are very clean, put them into a sauce-pan, with a good deal of water, and let them do gently ; till they are very tender ; boil a bunch of carrots, if small, or two large ones. When your sounds are very tender, take them up, cut them into dice ; cut likewise your carrots into a small dish, toss them up together, with butter rolled in flour, and a little pepper and salt.

Take part of your cods-sounds whole, rub them over with the yolks of an egg, and fry them ; put over these eggs, chopped fine. Send butter and mustard in one cup, and plain butter in another.

These are pretty side-dishes for a fish dinner.

To broil Cods-Sounds.

CLEAN your sounds as in the other receipt, and boil them till tender ; strew some pepper and salt on them, and a little flour and broil them brown ; when they are enough, lay them in the dish, with butter and mustard in a cup, in the middle. You must remember they are to be broiled whole.

To dress Salmon au Court-Bouillon.

SCALE and clean a fresh salmon very well, score the sides deep, to take the seasoning ; take of mace and

cloves, and white pepper, a quarter of an ounce each, a small nutmeg, and an ounce of salt ; beat these very fine in a mortar ; cut a little lemon-peel fine, and shred some parfly, mix all together, and season the fish inside and out ; then work up near a pound of butter in flour, and fill up the notches ; the rest put into the belly of the fish ; lay it in a clean cloth or napkin, roll it up, and bind it round with packthread, lay it into a fish-kettle, and put to it as much white wine vinegar, and water in an equal quantity, as will be sufficient to boil it in. Set it over a good charcoal fire, and when you think it is enough, draw it off your stove, so that it may but just simmer. Fold a clean napkin the length of your dish, the fish is to go up in ; take up the fish, unbind it, and lay it on the napkin. Garnish your dish with picked raw parfly, and horse-radish. Send plain butter in a bason, and shalots chopped fine, and simmered in vinegar in a boat.

To dress Salmon a la Braise.

CLEAN a middling salmon, take the flesh of a tench, or a large eel, and chop it very fine, with two anchovies, a little lemon-peel shred, pepper, salt, nutmeg, and a little thyme and parfly ; mix all together with a good piece of butter, put into the belly of the fish, and sew it up ; put it into an oval stew-pan that will just hold it ; brown about half a pound of fresh butter, and put to it a pint of fish broth, and a pint and a half of white wine ; pour this over your fish ; if it does not cover it, add some more wine and broth ; put in a bundle of sweet herbs, and an onion, a little mace, two or three cloves, and some whole pepper tied up in a piece of muslin : Cover it close, and let it stew gently

gently over a slow fire. Before it is quite done, take out your onion, herbs, and spice; then put in some mushrooms, truffles, and morels, cut in pieces; let them stew all together, till the salmon is enough; take it up carefully, take off all the scum, and pour your sauce over. Garnish with horse-raddish, barbaries, and lemon.

Either of these is a fine dish for a first course.

To dress pickled Salmon.

TAKE what part of the salmon you please, lay it in soft water six or seven hours, then take a clean stew-pan, with a drainer to it, lay your fish on the drainer, tie in a piece of muslin, some mace, and whole pepper, and some nutmeg bruised, make a faggot of herbs, and put in a piece of lemon-peel, three gills of white wine, and a gill of water, an onion, and a good piece of butter rolled in flour; put all these ingredients to your fish, cover it close, and let it simmer over a slow fire, for about twenty minutes, take up the drainer with the dish, and keep it hot; take out the onion, herbs, and spices, and squeeze in half a lemon. Let your sauce boil till it is of a good thickness, then slip your fish off the drainer into the dish, and pour the sauce over it. Garnish with lemon.

To broil Salmon.

CUT fresh salmon into slices, about an inch thick, strew some pepper and salt, and a little dust of flour over them; butter some writing-paper, make it up in the form of dripping-pans, and pin the corners; lay in the slices of salmon into the paper-pans, and broil them of a fine brown, over a clear fire. If you find your paper is like to catch, put in a little bit of butter, and that will

will prevent it: When the salmon is done, take it out of the papers, lay it into a warm dish, with melted butter in a cup.

To boil a Turbot.

CLEAN your fish very well, lay it in a dish, pour a little vinegar, and strew some salt over it. Set on a fish-kettle, with a good deal of water, put in a large handful of salt, and a little vinegar, when your water boils, lay your fish upon the drainer, and put it into the kettle; let it boil gently, till you think it is enough. Take a lobster, cut the meat small, bruise the body, put it into your melted butter, with a spoonful of white wine, and a little anchovy liquor. Dish up your turbot upon a fish-plate. Garnish your dish with horse-radish, and sliced lemon, and send the lobster sauce in a bason, and melted butter in a boat.

To bake a Turbot.

CUT off the head and tail of the turbot, then take a dish that it will lie in, butter the dish pretty thick all over; have pepper, salt, grated nutmeg, and parsley shred fine, and two or three cloves finely beat; mix all together, and strew half of it over the back of the fish; then lay it in your dish; rub the other part of the fish over with melted butter, pretty thick, and strew the remainder of your spice over it; then strew over all a good deal of bread crumbs, and pour into the dish white wine till it comes just over the fins; send it to the oven, and let it be baked of a fine brown: Serve it up with lobster sauce, anchovy and butter, or plain butter. Garnish your dish with lemon.

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To fricafsee Soals white.

CLEAN your soals very well, bone them nicely, and if large, cut them in eight pieces, if small, only in four ; take off the heads ; put the heads and bones an anchovy, a faggot of sweet herbs, a blade or two of mace, some whole pepper, salt, an onion, and a crust of bread, all into a clean sauce-pan, with a pint of water cover it close, and let it boil till a third is wasted ; strain it through a fine sieve into a stew-pan ; put in your soals with a gill of white wine, a little parslly chopped fine, a few mushrooms cut in two, a piece of butter rolled in flour, enough to thicken your sauce ; set it over your stove, shake your pan frequently till they are enough and of a good thickness ; take the scum off very clean ; dish them up and garnish with lemon and barberries.

You have another receipt to fricafsee flat fish brown. All fish that are to be fricafseed, must always be boned, and you must make use of fish-broth instead of gravy.

To boil Soals

TAKE a pair of large soals, skin and clean them well, pour a little vinegar, and strew some salt over them ; let them lie in this till they are to be used. When you want to boil them, take a clean stew-pan, put in a pint of wine, and a little water, a faggot of sweet herbs, an onion stuck with three or four cloves, a blade of mace, a little whole pepper, and a little salt. When your soals are enough, take them up, and lay them into a dish, strain off the liquor, put it into the stew-pan, with a good piece of butter rolled in flour, and half a pint of white shrimps clean picked ; toss all up together, till it is of a good thickness ; take care to skim it very clean, pour it over the fish. Garnish the dish.

dish with scraped horse-radish, and sliced lemon; or you may send them to table plain, and for sauce, chop the meat of a lobster, bruise the body very smooth with a spoon, mix it with your liquor, and send it to table in a boat or bason.

This is much the best way to dress a small turbot.

To stew Flounders with Sorrel.

CLEAN your fish well, then slash them cross-ways, twice on one side, lay them into a stew-pan, with as much water as will cover them, a little vinegar, salt and an onion and boil them quick; have three or four handfuls of sorrel boiled, and chopped small; melt a good piece of butter rolled in flour, according to the quantity of your fish, put in the sorrel, and shake it well together. Lay the fish in a dish, and pour the sauce over it, garnished with lemon.

Another Way to stew Flounders.

PUT what quantity of flounders you please into a stew-pan, with as much water as will just cover them; put in a blade of mace, a little salt, a bit of lemon peel, and the juice of half a large lemon. When the fish is done, pour off some of the liquor into a sauce-pan; take the bone out of an anchovy, and chop it very fine, adding a shalot shred small, a spoonful of catch-up, and a few mushrooms; put these ingredients into a sauce-pan, then work up butter and flour enough to make sauce for the fish, and boil all together, till it is of a proper thickness. Dish your fish with sippets, and pour the sauce over. Garnish the dish with chopped parsley and lemon.

To fricassée Skate.

BONE your fish, cut it into pieces, about two inches square, put it into a stew-pan, with a little water, a little beaten mace, salt, and nutmeg, a faggot of sweet herbs, and a piece of lemon-peel, cover it close, and let it stew five or six minutes; take out your herbs, roll a piece of butter in flour, pour in a glass of white-wine, shake it round, and let it boil up, scum it, and put in a gill of thick cream, shake the pan round for two or three minutes, till it is smooth, then dish it up, and garnish with lemon.

To fricassée Skate brown.

BONE your fish as above, and fry the pieces of a fine brown, stew them with the same ingredients as in a white fricassée; then add a gill of red wine, a little catchup, and some anchovy liquor; thicken it with flour and butter, and serve it up.

To fry Trout.

SCALE your trout clean, then gut them, and take out the gills, wash them, and dry them in a cloth; flour them, and fry them in butter, till they are of a fine brown; when they are enough, take them up, and serve them, fry some parsley green, and crisp, melt anchovy and butter, with a spoonful of white-wine. Dish your fish, and garnish with fried parsley, and sliced lemon. You may pour your sauce over the fish, or send it in a boat, which you please.

In this manner you may fry perch, small pike, or jacks, roach, gudgeons, and eels, or a chine of fresh salmon.

To sauce Trouts.

TO a quart of water, add a pint of white wine, and three pints of white wine vinegar, with pepper, salt, nutmeg bruised, mace, an onion stuck with cloves, a little lemon-peel, and a faggot of sweet herbs; boil all together in a large stew-pan; when it boils, put in your trouts; boil them till you think they are enough, then take them out, and lay them into a deep dish till they are cold; pour off your liquor into a clean pan, take out your onion and herbs; when your pickle is quite cold, take off all the fat clean, pour it over your fish, and the next day you may use them. If it is not sharp enough, slice in a lemon.

If you would eat them hot, send them to table with shrimps or lobster sauce made of this liquor, and garnish your dish with fried smelts, crisp parslly, scraped horse-radish, and sliced lemon.

Thus you may do salmon, pike, mullet, and most other fish.

To broil Shads.

THEY must be scaled very clean, then gut and wash them, dry them in a cloth, score them on the sides, rub them with butter, sprinkle salt over them, and broil them of a fine brown; boil sorrel, chervil, onion and parslly, chop it fine; melt a piece of butter in cream sufficient for your sauce, then put in your herbs, season it with salt, pepper, and a little nutmeg, toss it up together, and pour over your fish; or you may serve it with a ragoo of mushrooms, or a brown sauce with capers, garnished with lemon.

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To make a Water Sokey the Dutch Way.

TAKE what quantity of perch you please ; the middling fish is best ; let them be clean scaled and gutted, and cut a gash length-ways in the side of each fish ; as you do them, throw them into pump water, and they will crimp. Put over your stove a kettle with water, and a large handful of salt in it ; then get in readiness two bunches of parfly roots scraped, and cut in long slips : Let them be boiled till tender, tie up six or seven bunches of green parfly ; let there be two plates of brown bread and butter cut a little thicker than you would for tea, and two of white bread and butter ; if your water boils, put in your fish, and your bunches of parfly ; let them boil quick, scum them very clean, and in about ten minutes they will be done ; take them out with a slice, and lay them into a soup dish, intermixing your boiled parfly and your parfly roots ; when you have taken up all your fish, put in some of the liquor they were boiled in, and make it palatable with the liquor the parfly roots were boiled in ; do so till your dish is full. Send it to table, and set your bread and butter round it. You may have plain melted butter ready, if it is wanted.

Thus you may do smelts, flounders, smalljack, or roach.

To dress Small Fish.

SMALL fish are generally dressed to garnish a dish of fish, as smelts, gudgeons, roach, small whittings, &c. wipe them dry with a cloth, then rub them over with the yolk of an egg, flour them, and fry them in oil, butter, hogs-lard, or beef-dripping : take care they are fried of a fine light brown, and if they are sent by themselves in a dish, garnish with fried parfly and lemon.

Whitings when small, should be turned round, the tail is put in the mouth, and so fried ; if large, they are skinned, and turned round and fried.

Plaife, flounders, and dabs, are rubbed over with eggs, and fried.

Small maids are generally dipped in batter, and fried.

As these sort of fish are generally dressed by themselves for supper, you may send various sauces as you like ; either shrimp, oyster, anchovy, and butter, or plain melted butter, and some choose oil and lemon.

To stew Flounders, or any flat Fish.

TAKE flounders of a middling size, which are best ; clean them well, cut off the fins, put them into a stew-pan, with as much water as will cover them, and put to them an anchovy split, a blade of mace, some salt, a shalot, and a spoonful of lemon juice ; let them stew till they are enough ; scum them clean, and lay them into a dish ; keep them hot while the sauce is making ; strain off the liquor, put it into the stew-pan, with a good piece of butter rolled in flour, a spoonful of catchup, some pickled mushrooms, and a glass of white wine ; boil all together, till it is of a proper thickness ; if there is any scum, take it clean off, pour the sauce over the fish, and garnish with lemon.

To marinate Soals.

SKIN and wash a pair of large soals very clean, dry them in a cloth, wash them with the yolk of an egg on both sides, and strew over them a little flour, and a few bread crumbs ; fry them of a fine gold colour, in Florence oil, enough to cover them ; when done, drain them, and lay them into an earthen dish that will hold them at length, and set them by to cool ; then make the marinate with a pint of the best vinegar,
half

half a pint of sherry, some salt, pepper, nutmeg, two cloves, and a blade of mace ; boil all together for about ten minutes, then pour it over the fish hot, the next day they will be fit for use. When you dish them up, put some of the liquor over them ; garnish the dish with fennel, sliced lemon, barberries, and horse-radish.

If you have any fried fish cold, you may put it into this marinate.

To fry Lampries.

BLEED them, and save the blood, then wash them in hot water, to take off the slime, cut them in pieces, and let them be fried in butter, not quite enough ; drain out all the fat, then put in a little white wine, and shake your pan ; season them with whole pepper, nutmeg, salt, sweet herbs, and a bay leaf, a good piece of butter rolled in flour, and the blood that was saved ; cover them close, and shake the pan often. When you think they are enough, take them up, and give the sauce a quick boil, squeeze in a little lemon, and pour the sauce over the fish ; send it to table garnished with lemon.

To dress Lampries with sweet Sauce.

CUT them in pieces, save the blood, and take out the string that runs along their backs, fry them in burnt butter, till they are brown, then add some red wine, a little sugar, cinnamon, salt, pepper, and two or three slices of lemon ; when they are done enough, put in the blood, give them a boil or two more ; dish them up, and serve them.

To broil Lampries.

CLEANSE them of their slime, cut them in pieces, melt a piece of butter, and roll them in ; have ready bread crumbs, sweet herbs shred fine, and some pepper and salt, mixed all together ; take the fish out

of the butter, and strew your bread and seasoning over every piece, and broil them over a gentle fire. For sauce, take a piece of butter, and put it into a saucepan, with some flour to brown it: Add chives, parfly, mushrooms, capers, and an anchovy minced fine, seasoned with pepper and salt; moisten it with a fish-broth, and thicken it with a craw-fish, or other cullis; boil it, and scum it clean, pour the sauce into the fish, and lay in the lampries: Serve them up garnished with lemon.

To fricassée Soals, Plaise, or Flounders.

STRIP off the black skin of the fish, but not the white; then take out the bones, and cut the flesh into slices about two inches long; dip the slices in the yolks of eggs, and strew over them raspings of bread; then fry them in clarified butter, and when they are fried enough, take them out on a plate, and set them by the fire till you have made the following sauce.

Take the bones of the fish, boil them up with water, and put in some anchovy and sweet herbs, such as thyme and parfly, and add a little pepper, cloves and mace. When these have boiled together some time, take the butter in which the fish was fried, put it into a pan over the fire, shake flour into it, and keep it stirring while the flour is shaking in; then strain the liquor into it, in which the fish bones, herbs, and spice were boiled, and boil it together, till it is very thick, adding lemon-juice to your taste. Put your fish into a dish, and pour the sauce over it; serve it up, garnished with slices of lemon and fried parfly.

N. B. This dish may take place on any part of the table, either in the first or second course.

To

To maranade Mackrel, or any other Fish.

TAKE mackrel, clean them well, split them, and fry them very dry; then take a dram of cinnamon, the same quantity of mace, cloves, and all-spice; two drams of whole pepper, and half a dozen, or more, bay leaves, and boil them all together in three pints of vinegar, and half a pint of white wine. Lay the fish in rows, in a well glazed pan, and pour the pickle boiling hot upon them enough to cover them; and when cold they are fit for use. When you send them to table, send some of the liquor in the dish. Garnish with lemon and horse-radish.

Smelts done in this manner are excellent.

To stew Eels.

TAKE what quantity of eels you please; after they are cleaned, fry them in butter, then pour the butter clear off; put into your pan a bundle of sweet herbs, an onion stuck with two or three cloves, a blade of mace, some whole pepper, and a little salt; then add a pint of red wine and water, and let them stew till they are tender: Put the eels into a dish, strain off the sauce, and thicken it up with a piece of butter rolled in flour, or a piece of thickened burnt butter. Garnish your dish with horse-radish and lemon.

To stew Eels another Way.

HAVING cleaned your eels very well, cut them in pieces, put them into a stew-pan, with a bundle of sweet herbs, an onion stuck with cloves, mace, whole pepper, and a little salt; put to them a gill of white wine, half a pint of red, and a gill of water; cover them close, and let them stew till tender; strain off the gravy, thicken it up, and send it to table.

To stew an Eel whole.

TAKE a fine large eel, clean it well, force the inside with crumbs of bread, an anchovy cut fine, salt, pepper, a little nutmeg, and two or three oysters bruited, with some parfly shred fine; fill the inside as full as you can, sew it up with fine thread, turn it round, and run a small skewer through it, to keep it in its folds; put it into a small stew-pan, with an onion stuck with cloves, and a faggot of herbs; put over it red wine; cover the pan down very close, and let it stew gently till tender; take out the onion, &c. put the eel into a dish, and a plate over it; thicken the sauce with butter rolled in flour, and squeeze a little lemon into the plate. If you have any force-meat left, make them into small balls, and fry them; put them into the sauce, give them a toss, and pour it over the eel. Garnish the dish with fried oysters, horse-radish and lemon.

To broil Eels.

SKIN and clean your eels very well, cut them into pieces, about four inches long, and make little gashes in them; lay them in melted butter; chop some sweet herbs fine, and mix with grated bread, and a little pepper and salt; take your eels out bit by bit, and roll them in the bread and herbs, broil them over a clear fire, at a proper distance, till they are of a fine brown; then make a good brown sauce, with chives, parfly, and capers chopped fine. Pour your sauce into the dish, and lay in the eels, garnished with lemon.

To fry Eel.

AFTER having skinned and cleaned your eels, split them, and cut them in pieces; let them lie for
two

two or three hours in a pickle made of vinegar, salt, pepper, bay leaves, sliced onion, and juice of lemon; then drudge them well with flour, and try them in clarified butter; serve them dry with fried parsley, and lemon for garnish. Send plain butter in a cup.

Another Way to broil Eels.

SCOUR them very well with salt, till the skin is perfectly clean, then split them down the back, gut them, and cut them into pieces; dip each piece in melted butter; sprinkle over it pepper and salt, and broil it of a fine brown. Send it to table with melted butter in a cup.

To spit-cock an Eel.

TAKE a fine large silver eel, scour the skin very well with salt; cut off the fins, then split it down the back, and take out the gut and all the fat, taking care you do not break the gall; wipe the inside with a cloth, and cut it into square pieces; have ready some bread crumbs grated fine, chop some parsley, thyme, and a little pot marjoram; season it with pepper, salt, nutmeg grated, and a little beaten mace; mix all together, then rub the eel over with the yolk of an egg, and strew the seasoning upon it; broil them of a fine brown, over a charcoal, or a clear brisk fire: Have a good gravy sauce in one boat, and plain butter in another. Garnish your dish with lemon.

To boil Shads.

HAVING cleaned your shads, boil them in white wine, and vinegar; season with salt, pepper, cloves, a bay leaf, onion, and lemon-peel; when done send them to table on a napkin; strain the sauce, and thicken

thicken it with butter rolled in flour, and put into a boat. Garnish with raw parfly.

To boil a Piece of fresh Sturgeon.

CLEAN the sturgeon, and prepare as much liquor as will cover it, thus; take a pint of vinegar, about two quarts of water, a stick of horse-radish cut in slips, some lemon peel, two or three bay leaves, and a small handful of salt, boil it in this pickle, till you think it is enough; and serve it with the following sauce: Melt a pound of butter, with an anchovy bruised, a blade or two of mace, the body of a crab, or lobster bruised, a little catch-up, a small glass of white wine, half a pint of white shrimps, boil all together, till it is of a proper thickness, squeeze in some lemon, and scraped horse-radish; pour a little sauce over your fish, the rest send in boats.

To roast a piece of Sturgeon.

TAKE a piece of fresh sturgeon of about eight or ten pounds, lay it in salt and water six or eight hours, with its scales on; then fasten it on the spit, and baste it well with butter, a quarter of an hour; drudge it with grated bread, flour, a little pounded mace, nutmeg, pepper, and salt, and some sweet herbs dried and powdered; mix all together, and continue basting and drudging of it till it is enough, then serve it up with the following sauce. A pint of thin gravy, some horse-radish, lemon-peel, a bunch of sweet herbs, some whole pepper, mace, an onion, an anchovy or two, a spoonful of catchup, and half a pint of white wine, set it on the fire to boil for a quarter of an hour; take a pint of oysters, beard them, and stew them in their own liquor; put two spoonfuls of liquor to the
sauce;

sauce ; roll butter and flour a sufficient quantity to thicken it ; strain off the liquor to your butter and oysters ; toss up all together, till it is of a proper thickness. Dish up the fish, and garnish the dish with fried toast and lemon ; pour your sauce into the dish, and serve it up.

To ragoo a Sturgeon.

CUT sturgeon into collops, lard them, and rub them over with an egg, dust in some flour, and fry them of a fine brown in lard : As soon as they are done, put them into a stew-pan, with a pint of good gravy, some sweet herbs shred fine, some slices of lemon, veal sweet breads cut in pieces, truffles, mushrooms, and a glass of white wine, bind it with a good cullis, till it is of a proper thickness ; then take off all the scum very clean ; dish it up and garnish it with barberries and lemon.

To stew Muscles.

WASH your muscles very clean, then put them into a large stew-pan over a good fire ; put over them a coarse wet cloth doubled : When they begin to boil, take up the cloth ; if the shells are open, take them off the fire, and pick out the fish, beard them, and cut off the tongue, when you have picked about a quart, strain half a pint of the liquor to them, roll two ounces of butter in flour, add a glass of white wine, a little beaten mace, and squeeze in a little lemon juice ; let them stew till of a proper thickness, put toasted sippets in the dish, pour in the muscles, and send them to table.

Cockles may be done the same way.

To stew Scollops.

BOIL them very well in salt and water ; take out the fish, stew them in some of their liquor, with a little white wine, two or three blades of mace, a little nutmeg, and a good piece of butter rolled in flour ; let them be thoroughly stewed, then pour in a little cream, shake your pan round, and squeeze in the juice of a Seville orange. Send them to table garnished with baked sippets and orange.

To ragoo Oysters.

OPEN four dozen of the largest and best Oysters, and save the liquor ; make a thick batter with cream, the yolks of eggs, nutmeg grated, and parsley chopped fine : Dip the oysters into the butter, and then roll them in bread crumbs, and fry them of a fine brown ; when they are fried take them up, and lay them on a drainer before the fire ; empty your pan, and dust some flour all over it, then put in about two ounces of butter : When it is melted and thick, strain in your oyster liquor, and stir it well together ; put in two ounces of Pistachio-nuts shelled, and let them boil ; then put in half a pint of white wine, beat up the yolks of two eggs in four spoonfuls of cream ; stir all together, till it is of a proper thickness ; lay the oysters in the dish, and pour the ragoo over. Garnish the dish with Seville orange cut in small quarters.

In the same manner you may ragoo muscles or cockles.

To make Scollops of Oysters.

TO fill four scollops shells, have a pint and a half of oysters, put them on the fire, in
their

their own liquor, with a blade of mace, a little salt, add some whole pepper ; (put a salamander in the fire to be red hot) grate some crumbs of bread sufficient for your shells ; butter the inside of the shells very well and strew bread crumbs thereon ; take your oysters off the fire, pour them into a pan, take off the beards, and fill the shells ; grate a little nutmeg into every shell, put a spoonful or two of the liquor upon the oysters, and fill up the shells quite full with bread crumbs ; set them before the fire, and baste them with butter all over the bread, then set them upon a gridiron over a clear fire, for about half an hour ; hold your salamander over them, till they are of a fine brown, then send them to table for a side-dish. In the same manner do shrimps, muscles, or cockles.

To bake Mackrel.

CUT off the heads of your mackrel, clean them, and dry them in a cloth ; then beat mace and cloves, black and white pepper fine, and add a little salt ; have ready an oval, or long pan, season the fish inside and out, lay them into the pan, and between every layer of fish put two or three bay leaves ; strew the remainder of the spice on the top of them, and cover them over with vinegar ; tye writing-paper over them first, and then brown paper doubled over that ; send them to the oven over-night, that they may be thoroughly baked. When you take any out, tie them down close.

If the pickle is wasted, so that there is not enough to cover them, boil some vinegar, with mace, whole pepper, a bay leaf or two, and a little salt ; when cold, pour it over them, and they will keep for six months.

To

To broil Mackrel.

CLEAN, split, and strew some pepper and salt on them; lay two or three sprigs of fennel over the roes, and put two or three small skewers through them, to keep them flat, and the roes from falling out; broil them of a fine brown: Send them to table with plain butter, in a boat.

To broil Mackrel whole.

TAKE soft roed mackrel, gut them, and take out the gills; then draw out the roe at the head, but do not open the belly; wash them very clean, and hang them by the tails to drain; then make a stuffing thus: Chop the roes with one or two anchovies, pepper, salt, a little lemon-peel shred fine, a little thyme, and some parfly, and mix all together with some grated bread crumbs. If you have a bit of veal suet, chop that fine, and mix with it; if not, a piece of butter; work it together, and stuff the bellies of the mackrel; butter some writing-paper, roll them in it, and broil them upon a clear quick fire. Take the paper off when you dish them up; garnish with lemon, and send anchovy sauce in one cup, and plain butter in another.

To bake Herrings.

SCALE and wash your herrings very clean, cut off the heads, gut them, take out the rows, and wash the blood clean from the back-bone: Season them with pepper, mace, and a few cloves beat fine, and a little salt; season the fish well, and lay them into a pan very close, intermixing here and there a bay leaf. Leave some room in the pan, because it must be filled up with vinegar; tie brown paper over the top three times double, and bake them with a batch of bread, and when the bread

bread is drawn, let your herrings stay in the oven till it is almost cold. They will keep in this pickle for a month, but if you would have them keep longer bake them in smaller pots. When they come from the oven, pour out all the liquor, and when quite cold, pour clarified butter over them, and they will be excellent good for three months.

Dry your roes in a cloth, flour them and fry them in butter; they are delicate; send them to table with butter and mustard in a cup.

Pilchards and sprats may be done the same way,

Note. When you bake pilchards, don't cut off the heads, but with a pair of scissars cut off all the fins close.

Add to your spice for sprats a bit of sal-prunella beat fine, and they will look like anchovies.

To souse Mackrel.

WASH and gut them very clean, take out the roes, and boil them in salt and water till they are enough; then take them out, and lay them in a deep dish; pour out half the liquor they were boiled in and add vinegar, with two or three bay leaves. Let them lie two days before you use them.

To bake Pike.

SCALE and clean your pike very well, dry it in a cloth and make a force-meat thus: Take the meat of a large eel, a good whiting, and two anchovies; chop them small, and pound them in a mortar, with four oysters bearded: Grate some crumbs of bread fine, with chopped parsley, one shallot, a little thyme, and some pepper and salt: Chop about three ounces of beef suet very fine, and mix all together with the yolk of an

M

egg,

egg, and fill the belly of the pike with it, and sew it up; draw with a pack-needle some packthread through the eye, the middle, and the tail, and pull it tight, till the fish is in the shape of an S; wash it over with the yolk of an egg, and a little melted butter; then strew bread crumbs over that, and send it to the oven to bake. If you have any force-meat left, make it up into little balls, and fry them to lay round the fish. Take the bones of your eel and whiting, chop them down, put to them one anchovy, a faggot of herbs, a little whole pepper, a blade of mace, half a pint of water, and a gill of red wine; boil these for about half an hour, strain it off, and the liquor. Roll a good lump of butter in flour, and break it in. Let the sauce be ready against the pike comes from the oven, then throw in your balls; take the pike up, and lay it in the dish, draw out the packthread, and pour in the sauce. Garnish with lemon and horse-radish.

If you please, you may roast it with a force-meat in the belly; but then you must put it into a cradle-spit. You may have oyster or shrimp sauce, or anchovy and butter, according to your fancy.

To dress flat Fish.

YOU must be very careful in the cleaning of your fish: It requires as much care in the cleaning, as in the dressing. When fish is to be boiled, have plenty of water, a good deal of salt, and a little vinegar. Before you put them in, cut off the fins, and never let them boil hard, for that will make them fly. While they are boiling, take off all the scum that rises; this will keep them white. When you send them to table, lay them on a fish-plate, in the dish.

When

When you fry fish, dry them well in a cloth, rub them over with the yolk of an egg, and dust over some flour; let your oil, butter, lard, or dripping, be ready to boil before you put in the fish; fry them off with a quick fire, and let them be of a fine brown. Before you dish them up, lay them upon a drainer before the fire sloping, for two or three minutes, which will prevent their eating greasy.

You must observe on fast-days, and in Lent, never to dress your fish in any thing but butter, or oil.

To broil Herrings.

CLEAN and dry your herrings in a cloth; let the gridiron be very clean, and a good clear fire. Cut the heads off the fish, and throw some salt over them; rub the gridiron with a bit of bacon, or butter, and the herrings will not stick; while they are broiling, mash the heads, and boil them in some ale, a slice of onion, and some whole pepper; let it boil about twenty minutes, strain it off, and thicken it up with butter and flour, and two spoonfuls of mustard; pour your sauce into a bason, set it in the middle of the dish, and the herrings round it.

To fry Herrings.

AFTER having cleaned your herrings, take out the roes, dry them and the herrings in a cloth; flour them, and fry them in butter of a fine brown; lay them before the fire to drain: slice three or four onions, flour them, and fry them nicely, dish up the herrings, and garnish them with the roes and onions: Send them up as hot as you can to table, with butter and mustard in a cup.

To dress red Herrings and Greens.

BOIL a cabbage, and some sprouts, nicely picked ; when the cabbage is tender, take it up, cut it pretty small, put it into a sauce-pan, with a good piece of butter, and some pepper and salt ; then take some red herrings, cut off the heads, and skin them, and lay them on the gridiron, over a clear fire ; they will be done in four or five minutes ; lay the cabbage in the middle of your dish, as high as you can, then lay the herring assant upon it, and the sprouts round the herrings. Send it hot to table, with plain butter in a cup.

You may pick the meat off your herrings when they are broiled, and toss them up with your cabbage, if you like it.

To butter Crabs or Lobsters.

PICK all the meat out of the shells and body of a large crab, or two middling ones ; mince it small, and put it into a clean sauce pan, with a gill of white wine, a little nutmeg grated, and a little beaten mace, with a spoonful of vinegar, a few bread crumbs, and one anchovy split, and bruised very fine ; set it over a clear fire, or stove, and let it boil for a minute or two, shaking the sauce-pan now and then. Take a good piece of butter rolled in flour, break it into your crab, and let all boil together, till it is thick ; then fill the largest shell of a crab you have, put it into the middle of the dish, and the rest of the meat in small saucers round it ; lay boiled craw-fish between each saucer, with the claws outward.

This is a very good side-dish for a supper, or a fish-dinner. You may butter lobsters the same way, but
instead

instead of craw-fish, cut the chines of your lobsters in two, pepper and salt them, then broil them over a clear fire, and garnish the dish with them.

To dress a Dish of Lobsters.

BOIL four lobsters, one large, and three smaller; when boiled, lay the large lobster before a good fire, and baste it with butter, pick all the meat out of the other lobsters, except the chines; mince them in the same manner as you dressed your crab, pepper and salt the chines, and split them and broil them; when all is ready, take the lobster from the fire, break off the claws, bruise them, and lay them on each side the body, near the head; split the tail, lay your lobsters bodies round the roasted lobster, filled with the minced meat, and the broiled chines round them: Send them to table with plain butter in a boat.

To broil Lobsters.

BOIL your lobsters first, then split the tail and chine: Put all the body into the back shell, crack the claws, pepper and salt them, and broil them on a clear fire. Baste them with butter, and send them to table with butter and vinegar in a boat.

To roast live Lobsters.

TIE them fast on the spit, and baste them with salt and water, till they are red; then baste them with butter. Send them to table with butter and vinegar, a little white wine, and a little grated nutmeg; boil all together, and put it into a boat.

To dress Salt Fish.

BACKLIO, old ling, and tusk, are reckoned the best salt fish. Old ling and backlio, must be laid in water for ten or twelve hours, then taken out, and

scaled very clean; wash the fish, and let it lie out of water till you want to use it; if it is the next day, it will be the better. When you dress it, put it into cold water, and let it do as gently as possible; let it be boiled so tender, that you may put a fork into any part of it without sticking, then it is enough. Lay a clean napkin over your dish, take up the fish, lay it upon the napkin, and throw the corners over each other. Send it to table with egg sauce in a bason, parsnips sliced, and butter and mustard in a boat.

In Spain they eat it with oil, mustard, and orange.

To dress Tusk.

LAY the tusk in water the first thing in the morning; after it has lain three or four hours, scale and clean it very well; then shift the water, and let it lie till you want to dress it. If it is large, cut it down the back, and then across; if small, only down the back; put it into cold water, and let it boil gently for about twenty minutes. Send it to table in a napkin, with egg sauce, butter and mustard, and parsnips cut in slices, in a plate.

To dress Salt Fish.

WATERED cod must be put into cold water, and boiled gently, till you can run a wheat straw through, scumming it very clean in the boiling; send it to table on a fish-plate, garnished with chopped eggs and parsnips. Send parsnips in one plate, and carrots in another, with egg sauce in a bason; plain butter, and butter and mustard in boats.

A Letter

*A Letter from a Lady to the Countess of * * *, containing the best Method of dressing Turtles.*

Madam,

L A D Y Lucy did me the honour of a visit this morning, and desired me to send your ladyship my receipt for dressing a turtle. This I the more chearfully do, madam, as I think it is infinitely the best method, and makes a most elegant dish at a little expence. I had it from a gentleman who has often eat them in those countries where they most abound, and who is in all respects a man of elegance and taste. Your wise men at London, madam, spoil their turtles, as we often do our compliments, and even our letters, by endeavouring to make them better than they ought to be. They kill the turtle, and let it hang up till the juices are in some state of putrefaction before they begin to dress it, and then throw in a thousand ingredients to deprive it of its natural flavour, which is amazingly absurd. I wonder these people of extreme taste don't hang up their pine-apples till they are rotten, and then mix onions with them, to heighten the relish. Surely there is as much reason for the one as the other. Some seasoning is indeed necessary, and all that is so, your ladyship will find in the following receipt.

“ The morning that you intend to dress the turtle, fill a boiler or kettle with a quantity of water sufficient to scald the callapach and callapee, the fins, &c. and about nine o'clock hang up your turtle by the hind fins, cut off its head, and save the blood; then with a sharp pointed knife separate the callapach from the
callapee

callapee (or the back from the belly part) down to the shoulders, so as to come at the entrails, which take out, and clean them, as you would those of any other animal, and throw them into a tub of clean water, taking great care not to break the gall, but cut it off the liver, and throw it away. Then separate each distinctly, and take the guts into another vessel, open them with a small penknife, from end to end, wash them clean, and draw them through a woollen cloth in warm water, to clear away the slime, and then put them into clean cold water till they are used, with the other part of the entrails, which must all be cut up small to be mixed in the baking dishes with the meat. This done, separate the back and belly pieces entirely, cutting away the four fins by the upper joint, which scald, peel off the loose skin, and cut them into small pieces, laying them by themselves, either in another vessel, or on the table, ready to be seasoned. Then cut off the meat from the belly part, and clean the back from the lungs, kidneys, &c. and that meat cut into pieces as small as a walnut, laying it likewise by itself. After this you are to scald the back and belly pieces, pulling off the shell from the back and the yellow skin from the belly; when all will be white and clean, and with the kitchen cleaver cut those up likewise into pieces about the bigness or breadth of a card. Put those pieces into clean cold water, wash them out, and place them in a heap on the table, so that each part may lie by itself.

The meat, being thus prepared and laid separately for seasoning, mix two-third parts of salt, or rather more, and one-third part of Cayenne pepper, black pepper,

pepper, and a spoonful of nutmeg and mace pounded fine, and mixed together; the quantity to be proportioned to the size of the turtle, so that in each dish there may be about three spoonfuls of seasoning to every twelve pounds of meat.

Your meat being thus seasoned, get some sweet herbs, such as thyme, savory, &c. let them be dried and rubbed fine, and having provided some deep dishes to bake it in, (which should be of the common brown ware) put in the coarsest parts of the meat at the bottom, with about a quarter of a pound of butter in each dish, and then some of each of the several parcels of meat, so that the dishes may be all alike, and have equal portions of the different parts of the turtle; and between each laying of the meat, strew a little of this mixture of sweet herbs. Fill your dishes within an inch and an half, or two inches of the top; boil the blood of the turtle, and put into it; then lay on force-meat balls made of veal, or fowl, highly seasoned with the same seasoning as the turtle; put into each dish a gill of good Madeira wine, and as much water as it will conveniently hold; then break over it five or six eggs, to keep the meat from scorching at the top, and over that shake a small handful of shred parsley, to make it look; which done, put your dishes into an oven made hot enough to bake bread, and in an hour and a half or two hours, (according to the size of the dishes) it will be sufficiently done.

By

By this method of dressing the turtle, your ladyship will have the fine flavour of the fish, and a rich gravy, in quantity sufficient for the whole, at a little expence.

I am, Madam,

Your Ladyship's most obedient humble Servant,
M. W.

P. S. I generally bring my turtle to the table in the dishes in which it is baked, in order to keep it warm while it is eating; but I don't know how this may agree with your ladyship's delicacy.

To dress a mock Turtle.

TAKE a calf's head, and scald off the hair, as you would do off a pig; then clean it, cut off the horny part in thin slices, with as little of the lean as possible; put in a few chopped oysters, and the brains; have ready between a quart and three pints of strong mutton, or veal gravy, with a quart of Madeira wine, a large tea-spoonful of Cayenne pepper, a large onion chopped very small; the peel of half a large lemon, shred as fine as possible, a little salt, the juice of four lemons, and some sweet herbs cut small; stew all these together till the meat is very tender, which will be in about an hour and an half; and then have ready the back shell of a turtle, lined with a paste of flour and water, which you must first set in the oven to harden; then put in the ingredients, and set it into the oven to brown the top; when that is done, set your garnish at the top with the yolks of eggs boiled hard, and force-meat balls.

N. B. This

N. B. This receipt is for a large head; if you cannot get the shell of a turtle, a china soup-dish will do as well; and if no oven is at hand, the setting may be omitted; if no oysters are to be had it is very good without.

It has been dressed with but a pint of wine, and the juice of two lemons.

When the horny part is boiled a little tender, then put in your white meat.

It will do without the oven. Take a fine knuckle of veal, cut off the skin, and cut some of the fine firm lean into small pieces, as you do the white meat of a turtle, and stew it with the other white meat above.

Take the firm hard fat which grows between the meat, and lay that into the sauce of spinage or sorrel, till half an hour before the above is ready; then take it out, and lay it on a sieve to drain; and put in juice to stew with the above. The remainder of the knuckle will help the gravy.

To make P A S T E different Ways.

Paste for Tarts.

TO a pound of flour rub in, very small, three quarters of a pound of butter; put to it three spoonfuls of pounded sugar, finely sifted, the yolks of three eggs beat up well with two spoonfuls of rose-water, work it into a paste, roll it out thin and even, and bake it in a slack oven. If you would have it iced, dip a feather in fair water, and rub it over your paste when you have lidded your tarts, and sift some double refined sugar over them.

A nice

A nice Paste for Tarts.

ACCORDING to what quantity of paste you want, take the yolks of five or six eggs, well beat and strained ; then work in a pound of butter with your hand, till it has taken up all the eggs, put to it two spoonfuls of loaf-sugar finely sifted, and half a gill of water ; then put in as much fine flour as will make it into a paste ; when it is wrought well together, it is fit for use. Roll it out thin, and prick it over with a pin.

Another Paste for Tarts.

TO half a pound of fine flour, rub in half a pound of butter, six ounces of sugar sifted, and as little water, as will make it into a paste ; beat it well with the rolling pin, and roll it out thin.

Another Way to make Paste for Tarts.

RUB a quarter of a pound of butter into a pint of flour, beat up two eggs, with a spoonful of double refined sugar, and two or three spoonfuls of cream, to make it into a paste ; work it as little as you can, and roll it out thin. If you bake your tarts in tin patties, butter them well first, then dust on a little flour, and lay in your paste ; and be sure not to fill them too full of fruit.

If you please, you may ice them with sugar, as above.

A light Paste for a Dish-Pye.

RUB into a quartern of fine flour a pound of butter, wet it as little as you can, to make it into a stiff paste, handle it as lightly as possible, roll it out twice or thrice, and it is fit for use.

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TO a pound of flour add three quarters of a pound of butter, mix them together, with as little water as will make it into a paste; beat it well with the rolling-pin, and roll it out for use.

A standing Crust for great Pies.

BOIL six pounds of butter in a gallon of water, and skim it off with as little of the water as you can, into a peck of fine flour; work it up well into a paste, which pull to pieces till it is cold: Then make up into what shape you please. This is fit for the walls of a goose pye, or any other large standing pye.

A Dripping Crust.

TAKE a pound of clean beef-dripping, boil it in water, and strain it through a sieve, let it stand till cold, then take it off the water, and scrape the bottom of it; boil it so three or four times, then work it well up in two pounds of flour; let it be very well mixed, make it into a paste with cold water. This makes a very nice crust.

A Crust for Custard.

TO a pound of flour add twelve ounces of butter, the yolks of four eggs, five or six spoonfuls of thick cream, mix all together, and let it lie for near twenty minutes, then work it up well, and roll it out thin.

To make Puff-Paste for Venison, or other Pies.

TAKE a pound of butter, and a pound of flour, pinch a quarter of a pound into the flour first, mix it with water not too stiff, and roll it out pretty thin; then pinch another layer of the butter, about the bigness of half a crown, in thin pieces, and lay it up-

upon your paste ; fold the paste up, put no flour upon your butter, and as little as you can in rolling of it out upon your dresser ; then roll it out again, pinch in the remainder of the butter, and roll it once more. In the summer time, make it in a cool place, or early in the morning.

To make a Venison Pasty.

TAKE a side of venison, bone it, and season it with pepper and salt, cloves, and mace finely beaten ; cut your venison in large pieces, and season it very well with your spices, then lay it into an earthen pan ; make a good gravey of two pounds of beef, and pour this gravey over the venison ; take three quarters of a pound of beef suet, well picked from the skins, wet a coarse cloth, lay your suet on it, and cover it over, and beat it with a rolling-pin, till it is as fine as butter ; as your cloth dries, wet it, and shift your suet, and put it over the top of the venison ; make a paste of flour and water, and cover the pan, and send it to the oven to bake ; it is best baked with a batch of bread ; when it comes from the oven, and is quite cold, make a puff-paste ; lay a paste all over your dish, and a roll round the inside, then put in your venison with the fat, and all the gravey, if the fish will hold it ; put on the lid, and ornament it as your fancy leads. It will take two hours and a half in a quick oven. A sheet of paper laid on the top, will prevent it from catching, and the crust will be of a fine colour.

By baking your venison in this manner, it will keep four or five days before you use it, if you do not take off the crust.

Kidney Pasties.

TAKE the kidney and fat of a loin of veal, and the yolks of hard eggs shred very fine together, and season with beaten cloves, mace, nutmeg, and salt; sweeten with sugar, and add currants to it, if you please; mix them all well together; make your pasties of puff-paste, in what shape you please, and fry them of a fine brown, in hog's lard, or butter.

Sweet-bread Pasties.

PARBOIL your sweet-breads, chop them very fine with marrow, or the kidney-fat of a loin of veal, some grated bread, the yolks of two eggs, a little cream, rose-water, sugar and nutmeg. Make a puff-paste with butter rolled in flour, the yolks of two eggs, and a little sugar and rose-water; Roll it out in the form of small pasties; put in your compound, make them up, and fry them of a fine brown, or bake them.

Apple Pasties to be fried.

PARE and quarter your apples, and boil them in sugar and water, with a stick of cinnamon, till tender; then take out the cinnamon, pour off the syrup, and add white wine, juice of lemon, a bit of butter, a little orange flower water, or a little ambergrease, stir all well together, and when cold, put them in a puff-paste, and fry them.

Petit Pasties for garnishing of Dishes.

MAKE short crust, roll it thick, as wide as a crown-piece, and an inch deep; then take a piece of veal, about half a pound, as much bacon and beef suet cut in pieces, and toss all together in a small stew-pan, for eight or ten minutes: Take it out, and pound it in a marble mortar, with fine spice, salt, and sweet

herbs shred fine, and when it is like a paste, chop some mushrooms very fine, and put to it ; moisten it with cream or milk ; fill your patties, and cover them ; rub them over with the yolk of an egg, and bake them. If it is for fish, fill your pasties with lobster, or the melts of fish seasoned with pepper, salt, and a little white wine. For a calf's head, fill the pasties with the brains, seasoned with pepper, salt, and sweet herbs.

A Sweet Lamb Pye.

MAKE a good puff-paste ; then cut a loin of lamb into chops, and season with salt and nutmeg ; lay a paste over the bottom of your dish ; put in your chops, with a handful of currants washed and picked very clean ; lay on your lid, and bake it. When it comes from the oven, take off the lid nicely, and pour over a caudle made of white wine, the yolks of eggs, a little nutmeg, and sugar pounded : Lay the lid on again, and send it to table as hot as you can.

A Savory Veal Pye.

MAKE a good puff-paste, and sheet your dish ; cut the veal into pieces, season it with pepper, mace, and nutmeg, finely beat, and a little salt ; lay it into the crust, with lamb-stones, sweet-breads, the yolks of hard eggs, an artichoke-bottom boiled, and cut in dice, and the tops of asparagus ; put in about half a pint of water, lay pieces of butter over the top, put on the lid, and ornament it to your fancy. In a quick oven, about an hour and an half will bake it. Make a caudle for it thus : Take half a pint of strong veal broth, a gill of white wine, and the yolks of three eggs ; set this over the stove, and keep it stirring till it simmers, then take the lid of your pye off carefully, and

and pour the caudle over it, shake it round, lay on the lid as exact as you can, and send it to table. You may do lamb this way.

A Beef Stake Pye.

TAKE rump steaks, beat them with a rolling-pin, and season with pepper and salt, to your taste; lay them into the crust; pour in as much water as will almost fill the dish; lid your pye, and let it be well baked.

To make a Pigeon Pye.

TAKE eight pigeons, picked and drawn, cut off the pinions and legs; mix together salt, pepper, and beaten mace; rub them on the outside with some of it; then take half a pound of fresh butter, and work up with the remainder of the seasoning, and put an equal quantity into the belly of each pigeon. Make a good puff paste crust, lay some round the inside; then put in your pigeons with the livers, gizzards, hearts, and pinions, and the yolk of a hard egg between each; fill the dish almost full of water, lid it over, and let it be well baked.

You may lay a beef-stake at the bottom, and leave out the hard eggs; or you may add to it force-meat balls, artichok bottoms, morels, truffles, fresh mushrooms, cocks-combs, and ox palates, if you want to have a fine pigeon pye.

A Battalia Pye.

TAKE a nice chicken, cut off the legs, and press down the breast-bone; and four nice pigeons trussed flat. Make a good puff paste, and lay some round the inside of your dish; mix pepper, salt, nutmeg, mace, and two cloves finely beat; season your

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chicken and pigeons with it; lay the chicken in the middle, and the pigeons in four quarters; then take lamb stons and sweet-breads, cut in pieces, with artich oak bottoms boiled, and cut in dice, cock's-combs blanch'd, tops of asparagus, and fresh mushrooms; strew some seasoning over these, and fill up the space between your pigeons; lay a piece of butter on the chicken, and each pigeon; pour in half a pint of water, and bake it an hour, or something better. When it comes from the oven, have ready, according to the bigness of the pye, a caudle made of strong veal broth, the yolks of eggs, a little white wine, and some cream; let it just boil, and take care it is not curdled; take the lid off your pye carefully, and pour this over; then lay on your lid, and send it to table.

To make a Chicken Pye.

TAKE a couple of nice chickens, cut them to pieces, and season them with pepper, salt, and a little mace; make a force-meat of half a pound of veal, half a pound of suet, an anchovy cut small, a little lemon-peel shred fine, and a sprig of thyme stripped; beat these in a mortar to a fine paste, and mix all well together with the yolk of an egg; make a good puff-paste, and lay some force-meat round the inside of the dish; lay one chicken at the bottom; over that lay two sweet-breads cut in pieces, some cocks-combs blanch'd, morels, and truffles; season the sweet-breads as you did the chickens; then lay the rest of the chicken on, pour in half a pint of water, lid your pye, and let it be well baked: When it comes from the oven, take off the lid, and fill it with a good gravy; lay on the lid nicely again, and send it to table.

A Devonshire

A Devonshire Squab Pye.

MAKE a good crust, and sheet your dish all over; lay a layer of pippins, and strew sugar over them; cut a loin of mutton into steaks, season them with pepper and salt; lay a layer of steaks, then pippins; then lay some onions sliced thin on the apples, then the rest of your mutton, and apples and onions over all; pour in a pint of water, and lid your pye; let it be well baked.

An Umble Pye.

TAKE the umbles of deer, clear off all the fat, and parboil them; take their weight of beef suet, and shred all together; put in half a pound of sugar, and a seasoning of salt, cloves, mace, and nutmeg beaten, with two pounds of currants clean washed and rubbed; mix all well together, put it into a good puff-paste, and bake it.

To make a Duck Pye.

MAKE a good puff-paste, and sheet your dish; take a couple of ducks, scalded very clean, then cut off the feet, and scald them, with the giblets; season the ducks with pepper, salt, and beaten mace, inside and out; lay them in the dish; season the giblets, and lay round them; put in as much water as will near fill the dish; lay on the crust, and bake it.

To make a Giblet Pye.

LET your goose giblets be well scaled and cleaned, then set them over the fire, with water just enough to cover them, seasoned with pepper, salt, two or three blades of mace, an onion stuck with cloves, and a good bunch of sweet herbs; let them stew over a slow fire till they are tender; take them out of the liquor,

liquor, set them by to cool, strain the liquor, and take off all the fat very clean ; make a good puff paste, lay a rim in the inside of the dish, then lay in the giblets, and pour over as much of the liquor as you think sufficient ; lay on the lid, and bake it. If you think there is not liquor enough in the pye when it comes from the oven, heat the remainder of the liquor they were stewed in, pour it in, and serve it up.

You may add force meat balls, artichock bottoms, and the yolk of hard eggs, if you want a fine pye ; but this is a very good one.

A Pheasant Pye.

DRAW your pheasants, season them with pepper, salt, and beaten mace ; make a force meat of veal, suet, crumbs of bread, sweet herbs, and the livers bruised ; season with pepper and salt, and stuff the bodies of the pheasants ; make a good puffed paste, lay a rim round the inside of the dish, lay in the pheasants, and take a piece of fresh butter and lay all over the breasts ; make the remainder of the force meat into balls, and lay them in between ; when it comes from the oven, raise the crust carefully, and pour into it a ragoo of sweet breads, or a brown cullice ; lay the lid on again, and serve it up.

A Green Goose Pye.

BONE your goose, and take out all the fat from the inside ; season it with pepper, salt and beaten mace fine ; lay a rim of good paste in the dish ; cut up a rabbit as you would for a fricassée, season it as above, and lay this round the goose ; fill the dish with water at your discretion ; lid the pye, and let it be well baked.

To make an Oyster Pye.

TAKE a pint of large oysters, stew them in their own liquor, with a tea cup full of fair water added to it; wash them clean out of the liquor, and strain it off for use; cut the kidney of a loin of veal into thin slices, and season it with pepper, salt, and beaten mace; lay a rim of paste in the inside of the dish, lay in the slices of kidney over that, and pour your oysters, and seasoning over them: Take the inside of a marrow bone, cut it in slices, and lay over the oysters; lay on a puff paste and bake it; when it comes from the oven, put about a gill of the oyster liquor, with two spoonfuls of white wine thickened up, into the pye; and serve it for a side dish.

To make an Artichoak Pye.

TAKE the bottoms, when boiled, of as many artichoaks as you want for your dish; season them with beaten mace, pepper and salt; sheet your dish with puff paste, and lay some fresh butter at the bottom; then lay a layer of artichoak broke in bits; and some more butter over the artichoaks; boil half an ounce of morels and truffles, strain off the water they were boiled in, cut them small, and strew them over; then lay another layer of artichoaks seasoned as above, and the yolks of eight or ten eggs boiled hard; put a gill of white wine to the liquor your morels were boiled in, and pour over the pye, lid it over, and when the crust is done, the pye will be enough.

To make a sweet Egg Pye.

SHHEET your dish with a puff paste, boil twelve eggs hard, cut them in slices, and lay them upon the crust, lay some bits of butter over the eggs; wash and pick

pick half a pound of currants very clean, and strew them over ; grate a small nutmeg, and make it pretty sweet with sugar, beat up four eggs very well in half a pint of white wine, and strain it over all ; cover your pye, and bake it half an hour.

To make an Oyster Pye another way.

TAKE large oysters, enough to fill the dish you intend to make your pye in, wash them clean in their own liquor, put a paste all over the dish, and lay in the oysters ; strew a little pepper and salt over them, and put in a good piece of butter, and the yolks of hard eggs ; strain the oyster liquor over all, and put on the lid. About an hour will bake it in a quick oven.

You may add artichock bottoms, morels, and truffles, and fry your oysters before you make your pye.

To make Oyster Loaves.

TAKE a French roll, cut a hole in the top, take out all the crumb as clean as you can, but be careful you do not break through the sides ; take a pint of oysters, put them into a sauce pan with a blade of mace, a bit of onion, and some whole pepper. when they are stewed enough, take them out, and wash them very clean in their own liquor ; strain the liquor into a clean sauce pan, add to it a spoonful of ketchup and, about a gill of red wine ; burn some butter, and thicken it with flower till it is of a fine brown, and very thick ; put in the oysters and liquor, toss them up together, then put your loaves into the stew-pan, and just turn them round, fill your loaves with the oysters and sauce, put on the tops, and send them to table, it is a pretty side dish for a first course.

You may either harden your rolls before the fire, or fry

fry them of a fine brown which you like best, before you fill them.

To make a Salmon Pye.

MAKE puff-paste, and lay over your dish ; clean and scale a middling piece of salmon, cut it into three or four pieces, according to the size of your dish, and season it pretty high with mace, cloves, pepper, and salt ; put some butter at the bottom, and lay in the salmon ; take the meat of a lobster cut small, and bruise the body with an anchovy ; melt as much butter as you think proper, stir the lobster into it, with a glass of white wine, and a little nutmeg ; pour this over the salmon, lay on the top crust, and let it be well baked.

To make a Lobster Pye.

SHHEET your dish with a puff-paste, then take two boiled lobsters, and cut the tails into eight pieces ; take the meat out of the claws, and lay the tails and claws into the pye ; pick out all the meat from the chines, and bruise the bodies very fine ; melt half a pound of butter, put the picked meat and bodies into it, with two spoonfuls of grated bread, and a glass of white wine ; season it with pepper, salt, and nutmeg ; pour this over the lobsters, lay on the lid, and bake it in a slow oven.

A Patty of Lobsters.

YOUR lobsters being boiled, cut them in pieces ; take the small claws, and the spawn, and pound them fine in a marble mortar ; add a ladle-full of strong fish broth, an anchovy bruised, and the upper crust of a French roll ; boil all together, and strain through a fine sieve, to the thickness of cream ; take half of this,
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and put to it the bigness of an egg of butter, a little pepper and salt, and the juice of a lemon; let it be over the fire till the butter is melted; sheet the patty, or dish, with a good puff-paste; lay in the lobsters, and pour this over it; then put on the lid, and bake it. When it comes from the oven, take off the lid nicely, and toss up the other half of your sauce which you saved, with butter, and a spoonful of white wine, in the thickness of a good cream; pour this over, cut the cover in two, and lay it on the top two inches distant, that you may see what is under.

You may bake craw-fish, prawns, or shrimps, the same way; and they are all proper for a side-dish or plate for a second course.

To make a Herring Pye.

CLEAN your herrings, cut off the heads, fins, and tails; season them with beaten mace, pepper, and salt; sheet the dish with a good paste, and lay some fresh butter on it; lay a thin layer of apples, and onions cut in thin slices, then another row of herrings; put some pieces of butter on the top, and as much water as you think proper; lay on the lid, and let it be well baked. You may use it either cold or hot.

To make a Flounder Pye.

CLEAN as many flounders as you think will fill your dish; first, set them, and take the flesh clean from the bones; season them with beaten mace; pepper, and salt: Lay a good crust over the dish, and some fresh butter upon that, then lay in the fish. Boil the bones with an onion, a little lemon-peel, a bit of horse-radish, a faggot of herbs, and a crust of bread, seasoned with whole pepper, salt, and a blade of mace;

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let these boil till there is just enough to fill the pye ; scum it very clean, and strain it ; pour it over the fish, and lay on the lid. Let it be baked in a moderate oven.

To make a Trout Pye.

CLEAN and scale your trouts, and cut off the heads and fins ; boil an eel for force-meat ; when you have cut off the meat of the eel, put the bones and the heads of the trout into the water it was boiled in, with an onion, mace, whole pepper, a little salt, and a faggot of sweet herbs ; let it boil down till there is but enough for the pye. Chop the meat of the eel very fine, add grated bread, an anchovy chopped small, sweet herbs, and a gill of oysters blanch'd and bearded, the yolks of two hard eggs chopped very fine, and as much melted butter as will make it into a stiff force-meat ; season the trout with mace, pepper and salt ; fill the belly with the force-meat, and make the remainder into balls ; sheet your dish with a good paste, lay some butter on that, then the trout and force-meat ; strain off the fish-broth, and scum it very clean, and add a little white wine, and a piece of butter rolled in flour ; when it is all melted, pour it into the pye, and lid it over ; bake it in a gentle oven, and let it be thoroughly done.

To make a Salt-Fish Pye.

BOIL a side of salt-fish as you would for eating ; cut a square bit out of the middle, about the bigness of your hand ; take the skin off the other, and take out all the bones ; mince this very small with six eggs boiled hard ; season it with pepper, nutmeg, and beaten mace, then slice the crumb of French rolls thin into a pan,
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pour over it a quart of boiling milk, and let it stand to soak ; in the mean time, make a good puff-paste, and sheet the dish all over ; have in readiness the quantity of two spoonfuls of parsley shred very fine, beat the bread well together, then put in the fish and eggs, and chopped parsley ; stir all well together ; melt about three quarters of a pound of butter, and stir it into the ingredients, with a gill of Mountain ; pour this into the dish, lay the square piece of fish in the middle ; lay on the lid, and bake it an hour, or a little more.

You may make ling, or stock-fish pye in this manner ; but you are to observe, that all the skin is to be taken off, and not to put a piece whole into the pye, according to this receipt ; but mince all the fish with the yolks of hard eggs, leaving out the whites, and adding a large spoonful of made mustard when you stir the ingredients together, before you put them into the pye.

To make a Carp Pye.

SCALE and clean a large carp, or two small ones, and cut off the fins ; boil an eel of about three quarters of a pound, tender ; then take the meat clean from the bones ; put the bones into the water it was boiled in, with a blade of mace, some whole pepper, an anchovy, a faggot of sweet herbs, and an onion ; let this boil till there is about half a pint ; then take the flesh of the eel, and cut it very small, with the same quantity of bread crumbs, half a pint of oysters blanched and bearded, the yolks of three hard eggs, an anchovy, some sweet herbs, and a little lemon-peel, all chopped very fine ; season it with pepper, salt, and nutmeg ; work it up with a quarter of a pound of butter, and fill the belly of the carp ; make a good puff-paste,

paste, and lay a rim in the inside of the dish; lay the fish in, and if you have any force-meat left, make it into balls, and lay it in the insides with the roes; then scum the eel stock clean, and add a gill of white wine, and a good piece of butter rolled in flour; pour this into the pye, and cover it. An hour will bake it in a quick oven.

To make a Soal Pye.

CLEAN and bone a pair of large soals; boil about two pounds of eels tender; take off all the meat, put the bones into the water they were boiled in, with the bones of the soals, a blade of mace, whole pepper, and a little salt; let this boil till you have about half a pint of strong broth. Take the flesh of the eels, and chop it very fine, with a little lemon-peel, an anchovy, parslly, and bread crumbs: Season with pepper, salt, nutmeg, and beaten mace; melt a quarter of a pound of butter, and work all up to a paste. Sheet the dish with a good puff-paste; lay the force-meat on the paste, and then lay in the soals; strain off the broth, scum it clean, pour over the fish a sufficient quantity, and lay on the lid. When it comes from the oven, if you have any of the broth left, you may warm it, and pour it into the pye.

To make an Eel Pye.

CLEAN your eels very well, and cut off the fins; cut them in pieces, about three inches long; season them with pepper, salt, and beaten mace, to your palate; make a good crust, lay a rim in the inside of the dish, then put in the eels, and add a quarter of a pound of fresh butter broke in pieces between: Pour

in as much water as the dish will conveniently hold ; lay on the lid, and let it be thoroughly baked.

To make a Turbot Pye.

TAKE a middling turbot, clean it very well, cut off the head, tail, and fins. Make a force-meat thus ; take a large eel, boil it tender, then take off the flesh ; put the bones of the turbot and eel into the water the eel was boiled in, with a faggot of herbs, whole pepper, an onion, and an anchovy ; let this boil till it becomes a strong broth. In the mean time, cut the eel very fine ; add the same quantity of grated bread ; a little lemon-peel, an anchovy, parsley, and the yolks of two or three hard eggs, and half a pint of oysters blanch'd and bearded ; chop all these as fine as possible ; mix all together with a quarter of a pound of melted butter ; and with this force-meat lay a rim in the inside of the dish ; put in the turbot, and fill up the vacancies with force-meat ; strain off the broth, scum it very clean, and add a lump of butter rolled in flour, and a glass of white wine ; pour this over the fish. Make a good puff-paste, cover the pye with it, and let it be thoroughly baked. When it comes from the oven, warm the remainder of the liquor ; pour it in, and send it to table.

To make an Apple Pye.

PARE, quarter, and core your apples, and throw them into water ; make a good puff-paste crust, and lay some round the sides of the dish ; put a little sugar at the bottom, then lay in the fruit close ; shred a little lemon-peel, and strew it in ; place in the rest of your fruit, and some more sugar, and lay on the lid. When it comes from the oven, you may take the lid off,

off, and butter it, and lay it on as exact as you can; or, you may beat up the yolks of two eggs, with half a pint of cream; just let it boil, with a stick of cinnamon, and a laurel leaf; sweeten it to your taste; take out the leaf and cinnamon, take off your lid, and cut it into six corner pieces; pour the cream over the apples, put the crust on, and send it to table. You may put in quince marmalade, with the apples, and send it to table either hot or cold.

Pear pye is made thus; pare, core, and quarter the pears; put them into a clean-sauce-pan, with a piece of cinnamon, and as little water as will cover them; set them on a slow fire till tender; then put them into a puff paste, with sugar at discretion, and some of the liquor they were stewed in. This is sent to table generally cold.

A nice Apple Pye.

TAKE codlings, or the clearest apples you can get; pare, core, and cut them in thin slices; lay a piece of puff-paste round the inside of the dish; put some pounded sugar at the bottom, then a layer of apples; pour in some currant jelly, then apples, then currant jelly; strew in a little candied lemon-peel cut small, and fill your dish with apples, as full as you would have it; put in the rest of the sugar, lid it with a good puff-paste, and it is little inferior to a sweet-meat pye.

To make ripe Fruit Pyes.

MAKE your crust good, lay a little round the sides; put some sugar at the bottom; then lay in the fruit, and the remainder of the sugar at the top;

lid it over. Thus you may make cherry, currant, plumb, damson, gooseberry, or any other pies.

To make Tarts.

TAKE apples, or pears, cut them in small quarters, and set them on the fire, with a piece of lemon-peel, and some cinnamon; let them simmer in as much water as will cover them, till tender; and if you bake them in tin patty-pans, butter them first, and lay over a thin paste; lay in some sugar, then the fruit, with three or four tea-spoonfuls of the liquor they were simmered in; put in a little more sugar, and lid them over. If your tarts are made of apricots, green almonds, nectarines, or green plumbs, they must be scalded before you use them, and observe to put nothing to them but sugar, and as little water as possible; make use of the syrup they were scalded in, as you did for your apples, &c. cherries, currants, raspberries, and all ripe fruits need not be scalded; and if you make your tarts in china, or glass patties, lay the sugar at bottom, then the fruit, with a little more sugar on the top; put no paste at the bottom, only lid them over, and bake them in a slack oven. You have receipts how to make crust for tarts; mince pyes must be baked in tin patties, that you may slip them out into a dish, and a puff-paste is the best for them.

When you make sweet-meat tarts, or a crocant tart, lay in the sweet-meats, or preserved fruit either in glass or china patties that are small, for that purpose; lay a very thin crust on the top, and let them be baked no more than till your crust is nicely coloured, and that in a slow oven. If you would have a crocant tart for the middle,

middle of the table, or a side-dish, have a glass, or china dish, of what size you please, and lay in the preserved fruit of different sorts, (you must have a round cover just the size of the inside of your dish) roll out a sugar crust, the thickness of an half crown, and lay over the cover; mark it with marking irons made on purpose for that use, of what shapes you please; then put the crust, with the cover, into a very slack oven, not to discolour it, only to have it crisp. When you take it out of the oven, loosen it from the cover very gently, and when quite cold, take it carefully off, and lay over your sweet-meats, and it being hollow, you will see the fruit through it. If the tart is not eat, only take off the lid, and your sweet-meats may be put into the pots again.

To make Mince Meat.

PARE and core pippins, till you have got a pound; add of beef suet a pound, and raisins stoned half a pound; chop these very fine; take candied orange, lemon, and citron, one ounce of each, a pound of currants washed clean, and rubbed in a cloth till dry; half a pound of sugar, and a little salt; cinnamon and mace a quarter of an ounce of each, finely beaten, and a quarter of a pint of red wine; shred the sweet-meats, but not very small; then mix all very well together, and put it close down into a pot for use.

When you make your pyes, squeeze a little orange into them.

To

To make Mince Pies the best Way.

PARE and core two pounds of golden pippins; two pounds of fuet clean picked, and two pounds of raisins of the sun stoned; chop these separately very fine; add two pounds of currants washed, dried, and rubbed very clean in a cloth; put these ingredients together, into a large pan, strew in half an ounce of cinnamon beaten fine, a pound of lump-sugar pounded, the peel of a lemon cut fine, the juice of a Seville orange, a gill of sack, and a gill of brandy: Mix all these very well together; then put it down close in a pot, and lay over it writing-paper dipped in brandy. When you make your pies, add sweet-meats to them, if you please, but you will find them exceeding good without.

To make Mince Pies for Lent.

BOIL six eggs hard, a dozen of golden pippins pared and cored, a pound of raisins of the sun stoned; chop these separately very fine; a pound of currants washed, cleaned, and rubbed in a cloth, two ounces of sugar pounded, an ounce of citron, and an ounce of candied orange, both cut small, a quarter of an ounce of beaten cinnamon, two cloves beat fine, and half a nutmeg grated, a gill of canary, and half a gill of brandy; squeeze in the juice of Seville orange; mix these all well together, and press them close down into a pot for use.

A Yorkshire Pudding.

MAKE a quart of milk, four eggs, and a little salt, into a batter with flour, like a pancake batter; put some beef-dripping into a stew-pan, and when it boils, pour in the pudding, and do it till it is
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near enough, (this pudding is only made when you have roast beef) turn a plate upside down in the pan, then put the stew-pan and pudding under the beef, and let it drop on the pudding, till you take it up. When you have sent your meat to table, drain all the fat from the pudding, set it on the fire to dry a little ; then slide it into a dish, and send it to table with butter in a cup.

A boiled plain Suet Pudding.

A Quart of milk, a pound of flour, a pound of beef suet shred small, four eggs, a spoonful of beaten ginger, and a tea-spoonful of salt ; mix the eggs and flour with a pint of the milk, very thick, and the seasoning ; then mix the suet, and the rest of the milk all together ; let it be pretty thick, and boil it two hours.

A Steak Pudding.

MAKE a good paste, with suet shred very fine, and flour ; mix it up with cold water, and a little salt, and make your crust pretty stiff ; about two pounds of suet to a quarter of a peck of flour. Let the steaks be either beef or mutton, well seasoned with pepper and salt ; make it up like an apple-pudding, tie it in a cloth tight, and put it into the water boiling. If it be a large pudding, it will take four or five hours ; if a middling one, three hours.

This is a very nice crust for an apple-pudding, or pigeons boiled in crust.

To make Quince, Apricots, or White Pear Alumb-Pudding.

SCALD the quinces very tender, pare them thin, scrape off all the pulps, stir in sugar till it is very sweet, a little ginger and cinnamon finely beat ; take a pint of cream, the yolks of four eggs, and stir into the

the quinces, (it must be pretty thick) lay a puff-paste on the rim of the dish, butter the inside, pour in the pudding, and bake it.

Apricots, or white pear-plumbs may be done this way.

To make an Apricot Pudding.

CODDLE large apricots very tender, as many as you think will fill your dish ; bruise them small, and sweeten to your taste ; beat up the yolks of six eggs, and two whites ; strain them to a pint of good cream, and mix all well together ; lay a puff-paste all over your dish ; pour in the ingredients, and bake it half an hour ; don't put it in too hot an oven ; sift fine sugar over it, and send it hot to table.

Almond Pudding the Ipswich Way.

SLICE thin about three ounces of the crumb of a fine loaf, into a pint and a half of cream, blanch half a pound of Jordan almonds, and beat them to a fine paste, with orange flour water ; beat up the yolks of eight eggs, and four whites ; strain them, and mix all well together, with a quarter of a pound of pounded sugar, and a quarter of a pound of fresh butter melted ; lay a puff paste at the bottom of the dish, and pour in the ingredients.

A Pruen Pudding.

TAKE a quart of new milk, beat six eggs, and three whites, with half a pint of the milk, and four spoonfuls of flour, a little salt, and two tea-spoonfuls of beaten ginger, then by degrees put in the remainder of the milk, with a pound of pruens ; tie it up in a cloth, and boil it for an hour and an half ; pour butter and sugar over it.

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You may make a damascene pudding the same way.

A Puff-paste Pudding.

MAKE a good puff paste, and roll it out ; chop some golden pippins very small, wash and rub some currants very clean, then strew the fruit over the paste pretty thick, and roll it up long-ways ; put it into a cloth, pin the sides close, and tie the ends tight ; boil it for an hour and an half, if pretty large, if not, an hour. Pour melted butter and sugar, with a little wine over it, and send it to table. Garnish the dish with currant jelly.

A Ratafia Pudding.

BOIL a quart of cream with two or three laurel leaves ; take out the leaves, and break in half a pound of Naples biscuits, half a pound of butter, a glass of sack, nutmeg, and a little salt ; take it off the fire, put it into a pan, and cover it over ; when almost cold, blanch two ounces of almonds, beat them with the yolks of five eggs, mix all well together, and bake it in a moderate oven half an hour. Sift fine sugar over it when it goes to the oven.

To make a Tansey.

BEAT ten eggs very well with a little salt, half a pound of loaf-sugar pounded, half a pint of spinage juice, and a spoonful of the juice of tansey ; mix them well together, and strain it to a quart of cream ; grate in half a pound of Naples biscuits, and a nutmeg ; add a quarter of a pound of Jordan almonds blanched and beat fine, with a little rose-water, and mix all well together ; put it into a stew-pan, with a piece of butter the bigness of a golden pippin. Set it

it over a slow charcoal fire ; keep it stirring till it is hardened ; then butter a dish very well, that will just hold it : Put in the tansey, bake it in a moderate oven, taking care that it is not scorched. When it comes home, turn it upon a pye plate, cut Seville oranges in small quarters, and lay round it, and on the tansey, citron, and orange peel cut thin, with double refined sugar laid in little heaps between.

If you have not Naples biscuits, grate seven ounces of the finest stale bread you have.

To make Orange or Lemon-Pudding.

TAKE the yolks of sixteen eggs, beat and strained into half a pound of butter melted, half a pint of cream, and half a pound of loaf-sugar pounded ; pare two Seville oranges, boil them very tender, shifting the water till the bitterness is almost gone : Beat it fine in a marble mortar, with a spoonful of orange-flour water ; mix all together, and make a puff-paste, and lay it at the bottom of the dish ; put your ingredients in, and bake it about an hour.

A lemon-pudding is done the same way, only have lemons instead of oranges, and you may make use of candied lemon-peel cut very fine, instead of the green.

To make a Spinage Pudding.

BOIL a pint of cream, with some lemon-peel, a blade of mace, half a nutmeg cut in pieces ; strain it off, and stir it till it is cold, then boil a good handful of young spinage tender ; chop it very fine ; beat up eight eggs, leave out four whites, add some fine sugar pounded, and a glass of sack ; mix all well together, put it into the dish, with a puff-paste at the
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bottom, and lay on the top candied orange and lemon cut in thin slices. Half an hour, or a little better, will bake it.

To make white Hogs Puddings.

GRATE the crumb of a two-penny loaf, chop a pound of beef suet, blanch and pound half a pound of almonds, with a little rose-water, and a very little salt ; sweeten it to your palate ; add a little mace finely beaten ; beat six eggs, leave out two whites, strain them to a pint of cream, and mix all together ; cut small the marrow of two or three beef-bones, and as you fill the guts, put pieces of marrow in. Run some rose-water through the guts ; don't fill them too full. When the kettle boils, put them in ; let it but just simmer the time they are boiling, and they will not break.

The plumb-puddings are made the same way, only adding currants instead of almonds. They will be very good without the marrow.

To make a boiled Rice Pudding.

TAKE a quarter of a pound of rice well picked and washed, tie it in a cloth, leaving room for it to swell, boil it for an hour ; take it up, and stir in a quarter of a pound of butter, some nutmeg and sugar ; tie it up again very tight, and boil it an hour more. When you send it to table, pour butter and sugar over it.

To make a ground Rice Pudding.

TO a pint of milk put four ounces of ground rice ; boil it for some time, keeping it stirring, lest it should burn ; pour it into a pan, and stir in a quarter of a pound of butter ; then beat up six eggs, leaving

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out half the whites, a little lemon-peel finely shred, a little nutmeg grated, a quarter of a pound of sugar, a gill of cream, a little rose-water, and as much salt as you can take up betwixt your thumb and finger; mix all well together, make a puff-paste, lay it round the rim of the dish, and bake it. You may lay citron or orange cut very thin, on the top, and strew a few currants on.

To make a Bread and Butter Pudding.

MAKE a good puff-paste, and lay it over the dish, ornament the rim as you please. Pare all the crust of a penny French roll, spread it with butter, and cut in thin slices; wash some currants very clean in warm water, and dry them in a cloth, to get out all the little stalks; cut candied citron into very thin slices, lay a layer of currants and citron next the crust, then a layer of bread and butter, then currants and citron; do so till all the bread and butter is laid in: Beat up four eggs, and strain them into a pint of milk, with a little salt, near half a nutmeg grated, and one spoonful of orange-flower water; stir all together, pour it over the bread and butter, and send it to the oven. Half an hour will bake it.

To make New-College Puddings.

TAKE of the crumb of a stale loaf, about the quantity of a penny French roll, crumble it, and pass it through a cullender; cut a quarter of a pound of beef suet very fine, wash and dry a quarter of a pound of currants, beat up six eggs, (leave out two whites) with four spoonfuls of cream, a nutmeg, and a little fine sugar pounded; mix all together, flour your hands, and make them up the size of a turkey's egg, but rather

ther flat; fry them in clarified butter over a clear fire, turning them till they are of a fine brown. Dish them up, and pour over melted butter, with a little wine and sugar in it.

You may garnish the dish with Seville oranges cut in quarters.

A plain Bread Pudding.

TAKE the crumb of a penny stale loaf grated fine; put as much boiling milk upon it as will just wet it; cover it over, and let it stand till cold; beat up six eggs (leave out half the whites) and strain them; add half a nutmeg grated, one spoonful of flour, and sugar to your taste; mix all together; wet a cloth and flour it, then put in the pudding, and tie it up close. An hour will boil it.

If you boil it in a bason, butter the bason first, fill it quite full, and tie a cloth over it. You may add rose or orange-flour water, if you please; pour melted butter with wine and sugar over it.

To make a Rice Pudding.

BOIL a quarter of a pound of rice in a quart of milk, with a stick of cinnamon, till it is thick; stir it often, that it does not burn; pour it into a pan, stir in a quarter of a pound of butter, and grate half a nutmeg; add sugar to your taste, and a small tea-cup full of rose-water; stir all together till cold; beat up eight eggs (leave out half the whites) stir all well together, lay a thin puff-paste at the bottom of the dish, and nip the edge: then pour in the pudding, and bake it.

A plain Rice Pudding.

PUT half a pound of rice well picked, into three quarts of milk; add half a pound of sugar, a

small nutmeg grated, and half a pound of butter ; butter the dish with part, and break the rest into the milk and rice ; stir all well together, pour it into a dish, and bake it.

A Quaking Pudding.

TAKE a pint of cream, mix in very well three spoonfuls of the finest flour (take care there are no lumps in it) then beat up ten yolks, and three whites of eggs, with two spoonfuls of rose-water ; strain the eggs to the cream and flour, season it to your taste, and stir all well together ; butter a cloth very well, that has no holes in it, put in the pudding, and tie it up, but not too close. Let the pot boil very fast when you put it in, and keep it boiling so for half an hour. Melt butter and sugar, with a little rose-water ; take up the pudding, pour the sauce over it, and serve it up.

These sort of puddings must be sent to table immediately, or they will fall, and grow heavy. You may stick almonds blanch'd on the top, if you please.

A Neat's-Foot Pudding.

TAKE two neats feet that are clear and white, boil them till they are tender ; take the meat clear from the bones, and shred it very fine, with half the quantity of beef suet finely chopped ; mix these together with salt, sugar, and beaten cinnamon ; beat up six or eight eggs very well, and strain them to the feet and suet ; stir it together, with a quarter of a pound of citron, and orange-peel minced very fine, and two handfuls of bread grated, with as many currants, that are clean washed and picked, as you think convenient ; mix all these well together, butter the bag, tie it up, and

and boil it for two hours. Then serve it up with sweet sauce over it.

A Custard Pudding.

TO a pint of cream add six eggs well beat and strained, two spoonfuls of flour, half a nutmeg grated, a little salt, and sugar to your taste; butter a cloth, tie it up not too close, put it into the pot when it boils, and keep it boiling just half an hour. Take it up, and pour melted butter over it.

An Oatmeal Pudding.

TAKE a pint of good oatmeal, sift it through a fine sieve, boil it in new milk and cream, a little cinnamon, nutmeg, and mace, beat fine; keep it stirring till it is as thick as a hasty pudding; take it off, and stir in half a pound of fresh butter; beat up eight eggs, leaving out half the whites; strain them to three spoonfuls of sack, and stir all together; lay a puff paste round the dish, and butter the inside very well. Let it not be over baked.

Petit Puddings.

TAKE a handful of grated bread, the same quantity of beef-suet shred very fine, a spoonful of flour, the yolks of two eggs, a spoonful of orange-flower water, a spoonful of cheese curd, and a little salt and nutmeg; work it well together, with as little new milk or cream as you can; make them into round balls, and lay them in a little dish, well buttered. Don't bake them too much. When they are baked, put them into a china dish, and melt butter and sugar with a glass of sack, and pour over them.

Oxford Puddings.

GRATED bread, currants rubbed very clean, sugar, suet shred very fine, a quarter of a pound of each ; grate in a good deal of nutmeg, and lemon-peel ; then break in two eggs, and stir all well together ; tie them up in fine cloths, and boil them a little more than half an hour. Have butter and sugar in a cup.

A Spinage Pudding.

SCALD and chop some spinage very fine, four ounces of biscuit soaked in cream, the yolks of eight eggs beat up, a quarter of a pound of melted butter, a little salt and nutmeg, and sugar to your taste ; beat up all together, and set it over the fire till it is stiff, but don't let it boil ; cool it, and bake it in puff-paste ; or you may butter a bason, and boil it.

To make a fine Hunting Pudding.

PICK a pound of beef suet, chop it, but not too fine, a pound of raisins of the sun stoned, a pound of currants well washed, and rubbed in a cloth, a nutmeg grated, and a little salt, four spoonfuls of flour, two or three spoonfuls of cream, and a small glass of brandy ; beat up six eggs very well, and strain them to the other ingredients ; stir all well together ; tie it up in a cloth, and boil it for five or six hours. Let it have a good deal of water to boil in.

Another Hunting Pudding.

PICK a pound of beef suet, chop half pretty small, cut the remainder in small dice ; stone a pound of raisins, and cut them in two or three pieces ; add a nutmeg grated, and a little salt ; beat up four eggs, with three spoonfuls of cream ; stir all very well together, and boil it for four hours.

To

To make a nice baked Plumb-Pudding.

WASH and pick a pound of currants, and rub them dry in a cloth, stone a pound of jar raisins, and put these into a pan; slice thin the crumb of a two.penny loaf upon the fruit; chop a pound of beef suet pretty fine, and strew over the bread, grate in half a nutmeg, and a little salt; boil a quart of milk, and pour all over; cover it, and let it stand till cold; beat six eggs, and strain them to the ingredients, and add a glass of sack and brandy; beat up all well together; butter your dish, and bake it.

To make the Queen's Pudding.

TAKE half a pound of Naples biscuits, cut them in two, and lay a layer of biscuit at the bottom of the dish, a layer of marrow upon that, then currants washed and picked very clean, and candied citron cut in thin slices over that: Do so till your dish is full; beat up six eggs, with half the whites, strain them into half a pint of cream, with a tea-cupful of orange-flower water; and pour it over the biscuits. Make a fine puff-paste, and lay round the rim of the dish. An hour will bake it in a quick oven.

To make Queen Anne's Pudding.

TAKE the crumb of a penny loaf, cut it in thin slices, pour upon it a pint of cream boiling hot, cover it, and let it stand till cold; shred half a pound of beef suet very fine, beat up three eggs, with two whites, a quarter of a pound of sugar, half a nutmeg grated, and six ounces of currants washed and rubbed in a cloth; stir all well together, butter the dish, and bake it three quarters of an hour.

A Carrot

A Carrot Pudding.

GRATE raw carrots till you have half a pound, add grated bread one pound, a nutmeg grated, some beaten cinnamon, a little salt, half a pound of sugar, and half a pint of sack, eight eggs beat and strained, a pound of butter melted, and as much cream as will mix it well together ; beat all together very well ; then cover the dish with puff-paste, and bake it.

Another Carrot Pudding.

BOIL a carrot very tender, and when cold pass it through a sieve ; put in half a pound of melted butter, eight eggs (leaving out four whites) well beaten and strained, three spoonfuls of sack, and one of orange-flower water, a nutmeg grated, and a little salt ; make it of a moderate thickness, with grated bread. Give it the same baking as you would custards.

Pippin Pudding.

BOIL twelve pippins tender, and scrape them clean from the core, put in a pint of cream, with a little rose, or orange-flower water, and sugar to your taste. Put a paste over the dish ; beat up the pudding, and pour it in. Bake it in a slack oven, and sift loaf-sugar over it, before it is quite done.

To make a Millet Pudding.

TAKE a quarter of a pound of millet-seed, wash and pick it very clean, put it into a quart of milk, and boil it till it is tender ; when cold, beat up six eggs, leaving out three whites, strain them into a quarter of a pound of sugar, a quarter of a pound of butter melted, and a little lemon peel shred very fine ; mix all together, and put it into a dish, with a puff paste at the bottom, or only round the rim, and send it to the oven to bake.

To

To make a rich Apple Pudding.

TAKE six large pippins scalded till tender, the peel of a large lemon boiled tender, half a pound of fresh butter, and almost half a pound of fine lump sugar; scrape the pulp of the apples upon the butter while they are hot, and stir it about that they don't oil; when the apples, butter, sugar, and lemon-peel are well mixed, let it stand till near cold; beat up five eggs leaving out two whites, and mix all together, put it into a dish with a fine puff-paste at the bottom, and bake it.

You may squeeze a little lemon juice if you please.

To make a Marrow Pudding.

TAKE a pint of cream, the yolks of eight eggs beaten, and three whites, a quarter of a pound of marrow, of raisins stoned, and currants, each one handful; put a thin paste in the bottom of the dish, and then some sippets of bread; put in a layer of currants and raisons, and another of marrow, then all the ingredients, and grate a little lemon peel over. Three quarters of an hour will bake it.

To make Apricot Dumplins.

TAKE of large ripe apricots as many as you want for a dish, make a good puff-paste, roll it out all of a thickness, cut the Apricots down the seam so as to take the stone out, fill it quite full with fine sugar pounded, then roll each of the apricots in paste, and tie them separately in a fine piece of cloth that is not linty, and boil them near an hour. Pour them into a china dish, with pounded sugar in a saucer; you may send melted butter in a cup.

To

To make Apple Dumplins.

MAKE a good puff-paste, pare your apples, cut them in quarters, and core them, cut off a piece of paste, roll it out, and put in an apple, and work the paste round it, till it is all of a thickness; do so till you have worked up all the paste, then tie them up in separate cloths, put them into the pot when the water boils, and keep them boiling an hour and a half; take them up and send them to table, with melted butter in a boat, and pounded sugar in a saucer.

To make fine Apple Dumplins.

MAKE puff-paste, pare the apples, and take the cores out with a scoop, then roll every apple in a piece of paste, tie them in a cloth separately, and boil them an hour and a half; pare a lemon very thin, and shred the peel as fine as you can possibly, boil a tea spoonful-full of it in three spoonfuls of rose, or orange flower water; take up the dumplins, and with a pen knife cut a round piece out of the crust, pour in a little melted butter, a tea spoonful of the orange-flower, or lemon liquor, and some fine sugar; mix it with the apple, then lay on the piece of crust; when you have done enough for the dish, send them to table.

To make Plain Dumplins.

TAKE as much flour as you would have dumplins in quantity, put to it a spoonful of sugar, a little nutmeg grated, a small spoonful of yeast that is not bitter, and half a pound of currants well washed and cleaned; work them together of the stiffness you would for a common dumplin. You may boil them either in a cloth or without, pour over them melted butter, with sugar and a glass of white wine; or send it in a boat.

To

To make Suet Dumplins.

TAKE a pint of milk, four eggs, a pound of suet shred fine, and a pound of currants well cleaned, two tea spoonfuls of salt, and three of beaten ginger; first take half the milk and mix it like a thick batter, then put in the eggs, the salt, and ginger, then the rest of the milk by degrees, with the suet and currants, and flour enough to make it like a light paste. Make them up about the bigness of a large turkey's egg, flat them a little, and put them into boiling water; move them softly that they don't stick together, keep the water boiling, and a little more than half an hour will do them.

If you chuse them plain, leave out the currants.

To make Hard Dumplins.

MIX flour and water, with a little salt and beaten ginger into a light paste, roll them into balls as big as a turkey's egg, and when the water boils, put them in, and boil them three quarters of an hour; send up melted butter in a cup, and a slice of cold butter in a saucer.

To make Pancakes.

TAKE nine eggs, and half the whites, a quart of cream, and half a pound of fresh butter melted, beat the eggs with it, warm the cream, and mix all together, with a glass of sack, a little beaten cinnamon, and sage, and flour sufficient to make it into a batter. Put a pan over the stove to be hot, then pour in the batter of what thickness you please, and fry them without any butter.

To make Scotch Pancakes.

TO a pint of cream beat up eight eggs, leaving out two whites, a quarter of a pound of butter melted, one spoonful of flour, a nutmeg grated, three spoonfuls of sack, and a little sugar. When the butter is cool mix all together into a batter; have ready a stove with charcoal, and a small frying-pan no bigger than a plate, tie a piece of butter in a clean cloth; where the pan is hot rub this round it, and put in the batter with a spoon, run it round the pan very thin, and fry them only on one side; put a saucer into the middle of the dish, and lay the pancakes over it, till it is like a little pyramid; strew pounded sugar between every pancake, and garnish the dish with Seville oranges cut in small quarters.

To make fine Pancakes.

TAKE half a pint of cream, half a pint of sack, the yolks of sixteen eggs well beaten and strained, a little salt, half a pound of sugar pounded, a little beaten cinnamon, mace and nutmeg; then put in as much flour as will make it into a thin batter, and fry it in fresh butter; this sort of pancakes will not be crisp.

Another sort of Pancakes.

BEAT up six eggs, and strain them to a pint of cream, a quarter of a pound of sugar, some nutmeg grated, and as much flour as will make it of a proper thickness; take a small frying pan very clean, when it is hot put in a piece of butter about the bigness of a large nut, when melted, put in the batter, and fry the pancakes thin, and of a light brown.

To make Pancakes, called a Quire of Paper.

BEAT and strain six eggs to a pint of cream, three spoonfuls of flour, three of sack, and one of orange flower water, add a little sugar, half a nutmeg grated, and half a pound of butter melted; when the butter is cold mix all well together. Butter the pan for the first pancake and fry them all as thin as possible; when they are just coloured they are enough. Send them to table as hot as you can, with beaten cinnamon, and pounded sugar in saucers.

To make fine Fritters.

TO half a pint of cream beat and strain four eggs, and a glass of sack, a large tea spoonful of brandy, one of orange flower water, and a little nutmeg grated; make it into a stiff batter with fine flour: Pare golden pippins, cut them in halves, and core them; have your pan ready with a good deal of lard that the fritters may swim; dip them into the batter, and fry them brown; take them out with a slice, and lay them on a drainer, before the fire, till you dish them up.

Another sort of Fritters.

CHOP pippins that are pared and cored, but not too small; beat six eggs, and strain them to a quart of milk; then put in flour, and make it into a batter, not too thick; add a little salt, mace and nutmeg pounded, and a glass of sack; put in the apples, and mix all together; then drop the fritters into boiling lard, and fry them dry.

To make fruit Fritters.

SLICE the crumb of a penny loaf very thin, and pour over as much boiling milk as will wet it; let it stand till cold; beat five or six eggs, strain them to the bread, and stir all together; then add a quarter of a pound of currants well cleaned, and some candied orange shred very fine; mix them well together, drop them into a stew-pan with clarified butter, and fry them of a fine brown; pour melted butter, with wine and sugar, into a cup, set it in the middle of your dish, and lay the fritters round it; sift some sugar over them, and serve them up.

Apple Fritters.

PARE the apples, core them, and cut them in pretty thick round slices; make a batter as for pancakes, but rather thicker; when the lard boils, dip the apples all over in batter, and fry them separate of a fine brown; when you send them to table, strew pounded sugar over them.

Clary Fritters.

TAKE fresh clary leaves, cut off the stalks, dip them one by one into a thick batter, and fry them quick in clarified butter.

An Almond Fraise.

BLANCH a pound of Jordan almonds, and beat them fine in a mortar, take a pint of cream, the yolks of ten eggs, and four whites, mix all together with two spoonfuls of bread crumbs, and sugar to your taste; fry them in fresh butter, not too thick; keep the pan moving that they may be of a fine brown, and not scorched; strew sugar over them, and garnish with Seville orange.

To make Chips of Quinces.

FIRST pare the quinces, then scald them very tender, slice them into a dish, and pour a candy syrup upon them scalding hot; let them stand all night; lay them separate on plates, and sift double refined sugar over them; turn them every day, and sift sugar upon them till they are dry. Keep them in a dry place wrapped up in clean paper, and put into boxes.

To make Lemon Cheescakes.

PEEL a large lemon, and boil it in two or three waters till it is quite tender; blanch half a pound of almonds, beat them very fine with rose or orange flower water, then beat the paste, and mix it with the almonds; beat up six eggs, leaving out two whites; strain them to half a pint of cream, and not quite half a pound of loaf sugar pounded fine, then stir in the almonds and lemon-peel: clarify half a pound of fresh butter, pour it clear off from dross, and mix all together. Make a puff paste crust, lay it over the patties, and fill them a little better than half full. Half an hour will bake them.

To make fine Cheescakes.

PUT half a pint of thick cream, warmed, into a pan, have five pints of milk hot from the cow, put the cream to it with as much runnet as will turn it to whey; set it by the fire till it comes; then put the curd into a clean cloth, squeeze it a little, and let all the whey run from it; break the curd as fine as butter; blanch a quarter of a pound of almonds, beat them fine with orange flower-water, a quarter of a pound of mackeroons beat fine, sugar a quarter of a pound sifted, and the yolks of five eggs, with half a nutmeg grated;

and a quarter of a pound of currants plumped ; mix these well together, then melt ten ounces of butter, and stir it well into the other ingredients ; put a puff paste at the bottom of the patties, fill them, and bake them nicely.

You make mackeroon cheescakes the same way, only leave out the currants.

To make Almond Cheescakes.

BLANCH half a pound of Jordan almonds, beat them fine with orange flower water ; beat up six yolks and two whites of eggs, strain them to half a pound of lump sugar sifted, and a little beaten mace ; grate in some lemon peel very fine ; melt about half a pound of fresh butter, and mix all very well together ; put a puff paste at the bottom of the patty pans, fill them up, and take care they are not over-baked.

Fairy Butter.

BEAT the yolks of two hard eggs in a marble mortar, with some orange flower water, and two or three tea spoonfuls of fine sugar pounded ; take the same weight of fresh churned butter as you have of the other ingredients ; make it as fine as paste, and pass it through a silver strainer into a china plate. It is very pretty at a cold entertainment.

To make plain Custards, either baked or boiled.

TAKE a quart of milk, boil it with a blade of mace, some cinnamon, and a little nutmeg cut in pieces ; sweeten it to your palate, and let it stand till almost cold, beat up eight eggs, leaving out four whites, with a little rose water ; strain the milk to the eggs, fill the cups, and bake them.

If you boil them, have a stew-pan of water boiling over a charcoal fire, fill the cups and set them into the water, let them boil gently till they are done, which you will know by putting a knife into one; if it comes out clean, they are done; if it sticks, let them boil longer.

Take care the water does not boil into the cups.

To make Almond Custards.

TAKE a pound of cream, beat a quarter of a pound of blanched almonds fine, with two spoonfuls of orange flower water, sweeten it to your taste, beat up the yolks of two eggs, and stir all together one way; boil it over a gentle clear fire till it is thick, then pour it into a cup: or you may bake it in little china cups.

To make baked Custards.

BOIL a pint of cream with cinnamon, mace, and a bit of lemon peel; when cold, beat up four eggs, leaving out two whites, a little orange and rose water, a glass of sack, and a little nutmeg grated; sweeten it to your taste, mix them well together, and bake them in china cups, in an oven not too hot.

To make Orange Butter.

TAKE the yolks of ten eggs beaten, half a pint of Rhenish wine, six ounces of sugar, and the juice of three china oranges; set them over a gentle fire, and stir it one way till it is thick; when you take it off the fire, stir in a piece of the best butter you can get, as big as a large walnut; put it into cups or glasses.

Lemon Butter.

TAKE a quart of cream, boil it, and thicken it with three eggs beat up; put in as much juice

of lemon as will curdle it with boiling it again; hang it up in a cloth till the whey is run out, beat it up with sweet cream, and sweeten it to your palate.

To make a fine Cream.

TAKE a pint of cream, sweeten it to your taste, grate in a little nutmeg, a spoonful of orange flower water, and two spoonfuls of sack; beat four eggs, and two whites, stir it one way over a clear fire till it is thick; have cups ready, and pour it in.

Almond Cream.

TAKE a pound of almonds, blanch and beat them very fine, putting in orange flower water to keep them from oiling; then take a quart of good cream, boil it, and stir it till cold, that no skum may arise; put the almonds to it, mix both well together, then set it on a clear fire, and when it is just ready to boil take it off, and strain it through a muslin sieve; sweeten it to your taste, and pour it into cups, glasses, or what you think proper. If you would have it perfumed put in a grain of ambergreese.

To make a Boiled Tansey.

CUT the crumb of a stale penny loaf thin, pour over as much hot cream as will wet it, and cover it over till cold; then beat and strain six eggs to it, a little lemon peel shred fine, a little grated nutmeg, and salt; green it as you did the baked tansey, and sweeten it to your taste; stir all over well together, butter a bason, that will hold it, butter also a cloth to lay over the top, tie it tight, and boil it an hour and quarter; turn it into a dish, and garnish with Seville orange; stick candied orange cut thin on the top.

Your bason must be quite full that you boil it in,
and

and when you take off the cloth, run a knife round the top and put the dish on it, and it will turn out whole.

To make a Rice White Pot.

BOIL half a pound of rice in a quart of milk, till it is tender, then beat it well in a mortar, with two ounces of almonds blanched; boil a quart of cream with two spoonfuls of grated bread, and let it be near cold; beat the yolks of eight eggs with some rose water, strain it, and mix all well together; sweeten it with pounded sugar to your palate; butter the dish you bake it in, (and be careful your oven is not too hot) cut some orange and candied citron thin, and lay over the top when it has been in the oven some time.

To make Cheese Curd Florentine.

TO two pounds of cheese curds, add a pound of almonds blanched and finely pounded with rose water, half a pound of currants washed very clean and rubbed in a cloth, some spinnage boiled tender, and chopped very small, and sugar to your taste; mix all very well together, sheet the dish with puff paste, put in the ingredients, and lay a thin puff paste over. Bake it in a moderate oven.

To make Cheese Loaves.

TAKE a pint of cheese curds, crumbs of bread three large spoonfuls, the yolks of six eggs, three whites, two spoonfuls of flour, a little cream, a bit of lemon peel shred very fine, and a little white wine; beat all together in a mortar, with a quarter of a pound of fresh butter; put it into small basons, or little cups, and bake it; when you turn them into the dish, cut some almonds
in

in long slips and stick about them; pour over them melted butter, with wine and sugar.

The Floating Island, a pretty dish for a second course, or for a Supper, in the middle of the table.

PUT a deep glass dish into a china dish; take a quart of the thickest cream you can get, make it pretty sweet with fine sugar, pour in a gill of sack, and the rind of a lemon grated very fine; mill the cream till it is of a thick froth; then as carefully as you can, pour the thin from the froth into the dish; take a French roll, (or as many as you want) cut it as thin as you can, lay a layer of that as light as possible on the cream, then a layer of currant jelly; a thin layer of roll, then hartshorn jelly; then roll, and over that, whip the froth you saved off the cream very well, and lay at top as high as you can.

Garnish the rim of the dish with wet and dry sweet-meats and flowers: This depends entirely upon fancy. It looks very pretty in the middle of a table by candle-light.

To make a fine Syllabub from the Cow.

MAKE your syllabub either of wine or cyder, (if cyder, put a spoonful of brandy in) sweeten it, and grate in some nutmeg; then milk into the liquor till you have a fine light curd; pour over it half a pint, or a pint of good cream, according to the quantity of syllabub you make: You may send it in the bason it was made in, or put it into custard cups, and tea spoons with it on a salver.

To make a Strawberry and Raspberry Fool.

BRUISE a pint of scarlet strawberries, and a pint of raspberries, pass them through a sieve, and sweeten

sweeten them with half a pound of fine sugar pounded, add a spoonful of orange flower water, then boil it over the fire, for two or three minutes; take it off, and set on a pint and a half of cream, boil it and stir it till it is cold; when the pulp is cold, put them together, and stir them till they are well mixed; put the fool into glasses, or basons, as you think proper.

To make a Gooseberry Fool.

SCALED a quart of gooseberries, and pass them through a sieve, make the pulp pretty sweet with pounded sugar, let it stand to cool, beat up the yolks of three eggs, strain them to a quart of milk, set it over a clear fire with two spoonfuls of rose water, and keep it till cold, then put the fruit to it by degrees; when all is well mixed put it into glasses, or custard cups, and intermix them with jellies, syllabubs, creams, &c. Or you may send them to table by themselves, with tea-spoons over every cup or glass.

To make a Westminster Fool.

TAKE a quart of cream, beat up six eggs with two spoonfuls of rose water, a little cinnamon, and nutmeg cut in pieces, sweeten it to your taste, stir all together, set it over a clear fire, and keep it stirring till it boils; then take a French roll, cut it thin, lay it in the dish, and strain the cream over it; when it is cold send it to table.

To make black Caps.

TAKE as many Holland pippins as will fill your mazarine dish; cut them in half, and lay the flat side downward; put over them the juice of a lemon, two spoonfuls of orange-flower water, and some lemon-peel shred very fine; sift pounded sugar all over them,
and

and bake them a little better than half an hour, in a pretty quick oven. When you send them to table, strew pounded sugar over.

They are very fit for a supper, or garnish for a tansy, or to fill up a corner of a table.

To bake Pears.

PARE what quantity of pears you think proper, leaving the stalks on; put them into a pan as close as you can, one above another, for about three rows; throw in some cinnamon, a few cloves, and some lemon-peel cut in pieces; cover the pears with red wine and water; put in sugar at your discretion; tie them over with brown paper double, and let them be baked with the bread.

If you do any quantity, and they are to keep for some time, you must allow a pound of sugar to a pint of the liquor you put over the pears. You may cut them in halves when you send them to table, with a whole one in the middle of the dish, and the halves round, putting syrup over them a little more than to cover the bottom of the dish.

To stew Pears.

CUT the pears in halves, after they are pared, put them into a sauce-pan, with some whole cinnamon, a little lemon peel, and a little more water than will cover them; set them over a stove, and let them stew till tender; then put sugar to your taste. Let them boil gently for half an hour, and set them by for use.

To bake Pears of a Purple Colour.

PARE six or eight pears, and cut them in halves, put them into a pewter dish that is big enough to hold

hold them, and pour over them as much red wine and water as will cover them; add an ounce of sugar to every pear, and strew some beaten cinnamon over them; then put another dish over that, and lute down the two rims very tight, with a stiff paste made of flour and water; bake them for about four hours, and they will be of a fine purple colour.

You may lay a whipt syllabub between them, when you send them to table. It makes a very pretty dish.

A pretty baked Dish.

BLANCH a pound of almonds, and beat them fine with some orange flour-water; boil a quart of cream, with a stick of cinnamon, sweeten it with fine sugar to your palate; when almost cold, take out the cinnamon, and mix in the almonds, with the yolks of six eggs beat and strained; take two artichoak bottoms that are boiled, and cut them in thin slices: Then lay a puff-paste all over the dish, and ornament the rim; lay a layer of artichocks, and pour melted butter over, then a layer of candied orange and citron; do so till the dish is near full; then stir the cream well together, pour it over, and bake it half an hour without a lid. Serve it hot with fine sugar sifted over it.

To make petit Patties of Fruit.

MAKE puff-paste into what shapes you please, fill them with preserved pippins, gooseberries, or any preserved fruit; then close them up, and you may either bake or fry them. If you fry them, it must be in a good deal of clarified butter, and care must be taken, that they are done very dry, therefore an oven is best. Dish them up with fine sugar over them.

To stew Pippins.

PARE your pippins nicely, cut them in halves, and take out the cores ; to a quart of spring water, put a pound of double refined sugar, and a piece of lemon-peel ; boil it almost to a syrup ; take out the peel, and put in the pippins ; boil them till they are pretty tender, then draw them to one side of the fire, and let them stew till clear ; take them out carefully one at a time, and lay them in a china or earthen dish for use. They are very pretty to help out in a desert.

If golden pippins are done this way, they are very little inferior to apricots.

To make clear Cakes of any Fruit, as Gooseberries, Currants, or Plumbs.

GATHER the fruit in a sunny day, pick off the stalks and snuffs, and put it into a clean dry jar ; fill it with fruit, and tie it down close, that no water can get in ; set it into a pot or kettle of boiling water that will hold it ; keep the water boiling, till you think the juice is come from the fruit ; take it out of the pot, and pour it off through a fine sieve ; to every pint of juice add rather better than a pound of double refined sugar ; put the sugar into a preserving pan, with a little water, boil it till it comes to a high candy, then put in the juice, let the sugar all melt again, and put it into clear cake glasses. When it has stood some time, pass a knife round it, take off the skin from the glasses, and set them into the stove the next day after they are made. Your stove must be kept in a constant heat, putting in fire two or three times a day, and not too much at a time. When you see them candy well, set them apart till cold, and then turn them out upon
glass

glass plates, or pieces of glass ; then put them into the stove till they are well candied on the other side, turn them again upon papers, till thoroughly dry, then box them up, laying paper between every row, and keep them in a dry place.

If you have not a stove proper to dry them in, you may do it in an oven, or by setting them in a window where the sun comes, keeping the window shut.

To make Marmalade of Oranges.

TAKE a dozen and a half of large Seville oranges, pare them very thin, cut them in halves, and save the juice in a clean vessel, covered over in a cool place ; put the half oranges into water for one night, then boil them very tender, shifting the water till all the bitterness is out ; then dry them well, and pick out all the seeds and strings as nicely as you can ; pound them fine, and to every pound of pulp take a pound of double refined sugar ; boil the pulp and sugar almost to a candy. When this is ready, you must take the juice of six lemons, the juice of the strained oranges that was put by, and take its full weight of double refined sugar, all which pour into the pulp, and boil it pretty fast, till it will jelly ; put it into small glazed pots, or glasses, and cover them close. It will be a lasting sweet-meat for any use.

To make Hartshorn Flummery.

TAKE half a pound of hartshorn, and ivory shavings, one handful ; put them into two quarts of water, boil it till it is half wasted, then strain it through a jelly bag ; add a quarter of a pint of cream boiled, with a blade of mace ; sweeten it with double refined sugar to your taste ; strain it once or twice through the bag,

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adding a spoonful of orange flower-water, and put it into cups till cold. When you use it, set the cups into warm water, and it will turn out clean. You may put them into a dish, or into saucers, and set them in a dish. Eat it with wine and sugar.

To make red Quince Marmalade.

TAKE what quantity of quinces you please, pare and cut them in quarters, and take out all the cotes; weigh the quinces, and to every pound have three quarters of a pound of loaf sugar; then put the cores and parings into water, and boil them for some time, put the quinces into a preserving pan, and pour the liquor over them; let them boil over a gentle fire till they are very tender, take them out into a clean earthen pan, and bruise them till they are very smooth; then put them into the preserving-pan again, beat the sugar fine, and put half the quantity to the quinces; let it boil an hour, then put in the rest of the sugar, and let it boil an hour longer, or till it is of a fine deep red; put it into what sized pot you please, and keep it for use; when cold, cut writing-paper just big enough to go into the pot; dip it into brandy, and lay it on the top of the quinces, and tie paper over that; keep it in a dry place for use.

To make Marmalade white.

TAKE a pound and a half of fine sugar, put to it half a pint of spring water, and set it over the fire till the sugar is dissolved; take two pounds of quinces when pared and cored, cut them in quarters, put them into the syrup, and set them over a quick fire, breaking them against the side of the pan as fast as they boil; keep two or three of the quinces, and grate them;
then

then take the pulp, and strain it into the syrup, to give it a quickness; you must put the seeds into three or four spoonfuls of water, over some embers, till it jellies, then put it to the marmalade, boil it till it comes from the bottom of the pan; and put it up for use.

Be sure not to cover it while it is boiling, for fear of changing the colour.

To make Marmalade of Cherries.

TAKE four pounds of cherries, stone them, and cut them a-cross the top; then take a pound of loaf-sugar beat very fine; lay a layer of cherries, and strew sugar over them, then a layer of cherries and then sugar, till all the cherries are in; make them boil as fast as you can, shaking them about for fear of burning, and when they jelly, put them up for use, but do not cover them till they are cold.

You must save the juice of the cherries to put to the sugar to melt it, and keep almost half the sugar out, to put in when they are half boiled; when they are almost boiled, put in the rest, for that will make them of a better colour.

To candy Angelica Leaves.

TAKE the leaves before they be grown too big, put them into a skillet of boiling water; when they are tender, take them out, spread them on the bottom of plates, open them, and lay them one upon another, till the plate be pretty full; then pour upon them sugar boiled to a pretty thick syrup, and let them stand two or three days, heating them now and then on some coals; lay them upon glasses; sift sugar on first, lay the leaves on one by one, and dry them in the sun; when

they are dry, lay them in boxes, with paper between each layer of leaves.

To candy Eringo Roots.

PARE the roots, and boil them till they are very soft; to every pound of roots, allow two pounds of clarified sugar. When the sugar is boiled to a candy height, dip in the roots two or three at a time, and dry them in a stove for use. When they are dry enough, lay them in boxes, with writing-paper between each layer.

To preserve Morella Cherries.

TAKE a pound of cherries, and a pound of lump sugar pounded; put a little water into a bason, or bowl, lay a layer of cherries and strew on sugar, then cherries and then sugar till all are in, let them stand all night; put the preserving-pan over a slow fire till the sugar is melted and they are just ready to boil; set them by till next day in a cool place; do so again, and set them by as before; set them on the fire and let them boil till they come to a consistence, then put them into a galley pot for use; when cold, put a little brandy on the top, and paper them close for use.

To preserve Morella Cherries without stones.

STONE the cherries with a needle, or a fine bodkin, to every pound of cherries, add a pound of sugar, lay them in a clean pan or bason, and lay a layer of cherries and strew the sugar over them till all are in; for the rest do them according to the last receipt, only omitting to put brandy on them; dip writing-paper in brandy and lay over them first, and put writing-paper over that; tie them down close, and keep them in a dry place.

To dry Apricots like Prunelloes.

TAKE a pound of apricots, cut them in halves, boil them in a thin syrup till they are tender, and let them stand in the syrup a day or two, then take them out, and lay them on glasses, or an earthen dish to dry; you may dry them in a warm oven, or in the sun; and when they are as dry as prunelloes, box them up.

You may do red plumbs the same way.

To dry Artichock Bottoms.

BOIL them as you would for eating, take off the leaves and choak, dry them in a slack oven, and then put them into white paper bags, and keep them in a dry place.

Put those into warm water, and set them by the side of your stove, covered for some time, till they are plump. These are better for white fricasees, or any made dish that you use cream in, than the pickled ones; and with these you may make a pye, but you cannot so well with the other; yet for any dish with a brown sauce, I would prefer the other.

To dry Cherries.

TAKE fine Kentish cherries, stone them, and to every five pounds of cherries, add a pound of loaf-sugar pounded fine; put the fruit and sugar into a preserving-pan, with as much water as will just cover them; boil them till tender, take them off, and put them into earthen pans till the next day; put them upon sieves, and dry them in the sun, or in a stove; when dry, press them down in the box you design to keep them in.

To preserve Oranges whole.

TA K E of the best Seville oranges you can get, what quantity you please ; pare them very thin, and lay them in water three or four days, shifting it every day ; put the oranges in a kettle of fair water, and a board over them to keep them under : Have water boiling to fill the kettle up three or four times ; for they will take up seven or eight hours boiling ; they must be boiled till a wheat straw will pass through them, then take them up, make a little hole in the top, and scoop the seeds out very carefully, weigh them, and to every pound of oranges have a pound and three quarters of double refined sugar, pounded and sifted through a lawn sieve ; fill the oranges with sugar, and strow some over them. Let them lie while you make this jelly.

Take two dozen of pippins, and slice them into fair water ; when they are boiled tender, strain the liquor from the pulp ; to every pound of oranges, you must have a pint and a half of this liquor ; put to it three parts of the sugar you left in filling the oranges, set it on the fire, and let it boil ; skim it well, put it in a clean earthen pan, till it is cold ; then put it into a skillet with the oranges, and with a fine bodkin job the oranges, to let the syrup into them ; whilst they are boiling strew on the rest of the sugar ; when they look clear take them up, and put them singly into glassess ; then boil the syrup till it almost jellies, and fill up the glassess till the orange is more than covered. When they are cold, paper them close, put them into a stove, or a dry place.

To

To preserve Apricots in Halves.

PICK the apricots before they are full ripe, halve them, and take out the stones, pare them very thin, then weigh them, and to every pound of apricots have a pound of double refined sugar beat fine; lay a layer of sugar first, then apricots, then sugar, then apricots, till all are in: Let them stand all night, the next day put them into a preserving-pan; put no more into the pan at a time than you can conveniently turn, for fear of breaking; boil them over a slow fire, skim them well, and turn them over several times in the boiling; the first time they must be but half done. When they are cold, set them over the fire again, and let them boil gently, till they look clear, and the syrup is of a good thickness. When they are cold, put them into pots or glasses; cover them close with a paper dipped in brandy, then tie a white paper over that, and keep them for use in a dry place.

To preserve Apricots whole.

TAKE what quantity of apricots you please, pare them, open them as little as possible, and take out the stones, break the stones, and take out the kernels, blanch them, and put a kernel into every apricot; have the same weight of double refined sugar as you have of fruit, and do them the same way that you preserved the apricots in halves.

To preserve Apricots for Tarts.

TAKE apricots that are moderately ripe, part and stone them, put them into a preserving-pan, a layer of apricots, and a layer of fine sugar beaten; let them lie twelve hours, then put to them a little water, or a gill of white wine; set them over a slow fire,

fire, till they are pretty well scalded ; take them off, and let them be cold ; put them on again, and boil them till they are clear and tender. These will not be so clear as those that are pared. When they are cold, put them into pots, and tie them down close for use.

To preserve Cucumbers.

TAKE small cucumbers, and large ones cut in quarters, to look like citron. Let them be the greatest and freest from seeds you can get ; put them into a strong brine of salt and water, in a strait-mouthed pot, with a cabbage leaf over them, and let them stand in a warm place till they are yellow, then take them out, and wash them ; set them over a gentle fire, with a little salt in the water, and a cabbage leaf on the top ; cover the pot very close, till they are green, but do not let them boil. If they are not a good clear green, changing the water will help them ; if this is necessary, put them into a warm pot, till the vessel they were done in is scoured very clean ; prepare the second water as at first ; when it is hot put them in, and cover them close. As soon as you find they are of a fine green, and clear, take them off, and keep them in the water till it is cold ; take them out, and put them into cold water for two days, changing the water twice a-day, to take off the saltiness ; take all the seeds and pulp out of the quartered ones, wipe them and the small ones very dry, then make a strong syrup of double refined sugar, some lemon peel, and a good deal of ginger, first scraping off the outer part : When the syrup is boiled to a proper height, and cold, put them in ; Observe, if the syrup does not keep, boil it up once in two or three days, for about three weeks, there being the

the most danger of their spoiling at the first ; tie them down, and keep them in a dry place.

To preserve Peaches whole.

TAKE large Newington peaches, not too ripe, as many as you please, then take half the weight of the fruit of the finest sugar, make it into a syrup, prick the peaches full of holes with a needle, and put them into a syrup scalding hot ; set them over a gentle fire for some time, taking care they do not boil, for that will make their skins crack ; keep them constantly under the syrup, with a bunch of clean feathers ; take them up carefully, put them into a large jar, pour the syrup over them, and let them stand all night ; the next day put them, one at a time, into a preserving-pan, pour the syrup they were in over them, and let them boil very gently over a slow fire a quarter of an hour ; take them out, and put them into a glass vessel that will hold them, and liquor enough to cover them, above an inch at least. Have ready some of the best French brandy you can get, and fill the glass with a spoonful of syrup, and another of brandy, by turns, till the fruit is more than covered. When they are quite cold, tie them down with a bladder, and a leather over that.

Nectarines may be done the same way.

To scald Fruit for present Use.

FIRST weigh the fruit, then put them into as much boiling water as will cover them, set them over a slow fire, and keep them in a scald till they are tender, but do not let them boil ; take them off, and let them stand till cold, with a paper put close over them ; then to every pound of fruit put half a pound of fine sugar, and boil it gently till it looks clear.

All

All fruit is put into the water hot, except pippins, and they are put in cold.

To make Hartshorn Jelly.

TAKE four calves feet, and two handfuls of hartshorn shavings, boil them in a gallon of water over a slow fire, till the liquor is a strong jelly, which you will know by the bones falling out of the feet: strain it off into a clean pan, and as soon as cold, take off all the fat very clean, and the sediment from the bottom; put it into a preserving-pan, with a quart of Lisbon wine, the juice of two lemons, and the peel of one; sweeten it with double refined sugar to your taste; beat the whites of twelve eggs till they come to a froth, mix all together, and let it boil till it begins to break; then run it through a swan-skin jelly bag; put it in by degrees, till it runs perfectly clear, then put a china bowl for it to run in; tie a little saffron up in a piece of muslin, and soak it in some of your jelly; when it is coloured, put it in another bowl, and let the remainder of the jelly run off. Fill the glasses while warm, some yellow, some clear, for use. You may cut lemon-peel in long slips, very fine, and put into some of the glasses. It looks very pretty.

Calf's-foot jelly is done the same way, leaving out the hartshorn shavings.

As soon as you have done with the bag, turn it inside out, and wash it very clean in luke warm-water, and be very careful that no soap comes near it; if you do, you spoil both your bag and the next jelly you make; and let it be thoroughly dry before you put it by.

To make Currant Jelly.

TAKE what quantity of currants you please, pick them clean from the stalks, put them into a preserving-pan, and strew a little double refined sugar over them; set them over a slow fire till the juice rides above the fruit, then strain it off through a fine sieve; to every pint of juice add rather better than three quarters of a pound of double refined sugar, set it over a pretty quick fire, and take off the scum as it rises; boil it till it jellies, which you will know by putting a little into a saucer, or spoon, and setting it in a cool place for a little time; when you find it a good jelly, take it off, and put it warm into pots or glasses; tie writing-paper close over it, and keep it for use in a dry place.

Note. Cut paper the size of the pot or glass, dip it into brandy, lay it next the jelly, and twist another paper over that.

Another way to make Currant Jelly.

TAKE a quantity of currants, put them into a stone jar, and tie a cloth double over the top; set them into a pot, or copper of water cold; let it boil till you think the juice is all drawn out, then strain it through a fine sieve or jelly bag; to every pint of juice break rather more than three quarters of a pound of loaf-sugar into pretty large lumps, dip every lump into spring water, put it into the preserving-pan over a stove, as the scum rises in the boiling take it off till no more rises, and it is perfectly clear; put your juice into another pan, and boil it; as it boils take off all the scum very clean; when no more scum rises, put them both together, and boil it till it jellies; pot or glass it as you think

think proper; when cold paper them over, according to the foregoing receipt.

To make Raspberry Jam.

TAKE raspberries full ripe, bruise them fine with a spoon, and add better than a gill of the juice of currants; to a pound of jam, put rather more than a pound of lump-sugar; boil it till it comes to a good consistence, then put it into pots or glasses; when cold paper it over for use.

To make a fine Raspberry Jam.

TAKE raspberries full ripe, bruise them very fine, add a gill of the juice of currants, and pass them through a sieve, to take out all the seeds; to every pound of pulp put a pound of double refined sugar pounded, boil it to a proper thickness, put it into small pots or glasses, paper it down according to the receipt for currant jelly, and keep it in a dry place. If you perceive it does not keep, boil it again, and add some more sugar to it.

A Blanc-Mange.

TO two calves feet, and a handful of hartshorn shavings, put three quarts of water, boil it over a slow fire till it jellies, strain it off, and let it stand till cold; then take off all the fat, and the settling at the bottom clean away, blanch a quarter of a pound of sweet almonds, beat them very fine in a mortar, pour in near a tea-cupful of orange-flower water as you beat them, to prevent their oiling, melt the jelly over the fire, and be sure it is clean from any fat; then mix the almonds with a pint of cold cream that has boiled, put it to the jelly when it is milk-warm, stir all together, and sweeten it with double refined sugar to your taste;
strain

strain it into basons, or molds of what form you please, and let it stand till cold for use. Before you turn it out into the dish, run a knife round the top, and put the bottom into warm water for a minute or two, and it will turn out whole.

A Nest of Eggs.

TAKE the eggs of Bantam fowls, as many as will fill a small dish, make a little hole at one end with a needle or pin, and a hole at the other end something larger, then blow out all the inside, pour rose or orange-flower water into every shell, and wash them out, set the egg shells into bran, the smallest hole downwards, and fill them with a stiff Blanc-Mange, warm out of a tea-pot; when they are quite cold, break the shells, and lay the eggs into a dish; peel a large lemon, cut the peel long-ways very thin, lay it betwixt the eggs, and round them. Then have a calf's foot, or hartshorn jelly, run into the same sized dish that the eggs are in, made stiff; put the bottom of the dish into warm water, and run a knife round the sides at top, lay a glass or flat plate upon it, and turn it upside down, then nicely slide it over the eggs.

Take great care you do not break the jelly in the turning of it.

A Pig in Jelly.

CUT a pig into four quarters, and lay it in a stew-pan, put in one calf's foot, the pig's feet, a pint of Rhenish wine, the juice of four lemons, and a quart of water, three blades of mace, two or three cloves, a little lemon-peel, and some salt; do it over a slow fire two hours, then take it up, lay the pig into the dish you intend it for, then strain the liquor, and when the jelly

is cold, skim off the fat, and leave the settling at the bottom; warm the jelly again, pour it over the pig, and serve it up cold in the jelly.

To make a whipt Syllabub.

TAKE a quart of cream not too thick, a pint of sack, and the juice of two lemons, sweeten it to your palate, and whisk it up very well; take it off with a spoon, and put it into glasses. They must not be made long before they are used.

Another whipt Syllabub.

TAKE a quart of cream, boil it, and let it stand till cold; then take a pint of white wine, pare a lemon thin, and steep the peel in the wine two hours before you use it; to this add the juice of a lemon, and as much sugar as will make it very sweet; put all together into a bowl, and whisk it one way till it is pretty thick, fill the glasses, and keep it a day before you use it. It will keep good for three or four days. Let the cream be full measure, and the wine rather less; if you like it perfumed, put in a grain or two of ambergrease.

Whipt Syllabubs another Way.

TO a quart of thick cream put half a pint of sack, the juice of two Seville oranges, or lemons, grate the peel of two lemons, and add half a pound of double refined sugar well pounded; mix a little sack with sugar, and put it into some of the glasses, and red wine and sugar into others, the rest fill with syllabub only. Then whisk your cream up very well, take off the froth with a spoon, and fill the glasses carefully, as full as they will hold. Observe, that this sort must not be made long before they are used.

To make a Trifle.

COVER the bottom of a dish with Naples biscuits broke, and wet them thoroughly with sack; then make a boiled custard pretty thick, and pour over the biscuits when cold; and put a whipt syllabub over that. Garnish the dish with currant jelly, and ratafia cakes, &c.

To make very fine Syllabubs.

TAKE a quart and half a pint of cream, a pint of Rhenish, and half a pint of sack; grate the rind of three lemons into the cream; with near a pound of double refined sugar; squeeze the juice of three lemons into the wine, and put it to the cream; then beat all together with a whisk half an hour, take it up together with a spoon, and fill the glasses. It is best at three or four days old, and will keep good nine or ten days. These are called the everlasting syllabubs.

To make a French Cheese.

TAKE a gallon of new milk, beat up eight eggs (leaving out four white) strain them into the milk, with a large stick of cinnamon, and the juice of two lemons; sweeten it to your taste, and mix all well together, set it over a clear fire, keeping it stirring till it is ready to boil, then take out the cinnamon; lay a coarse cloth over a pan, and pour it on the cloth; (about four hours will drain the whey from it) press the cheese tight into moulds, of what shape you please; when it is settled, turn it into a china dish, and pour this cream over it.

The Cream for the Cheese.

TAKE a pint of new milk, beat up three eggs (leave out two whites) sweeten it to your taste; put it over the fire, and stir it till it is thick enough; then take it off, whip it till it is cold, and pour over the cheese.

Ratafia Cream.

BOIL six laurel leaves in a quart of thick cream; take them out, beat the yolks of five eggs with a little cold cream, and sugar to your taste; pour it into the cream, set it over the fire again, and keep it stirring, but do not let it boil; pour it into china dishes, and when cold it is fit for use.

Currant Cream.

BRUISE currants that are thorough ripe in boiled cream, put in beaten cinnamon, and sweeten it to your taste; then strain it through a fine sieve, and serve it up. You may do raspberries or strawberries the same way. It is best to sweeten the fruit before you put it to the cream, which should be almost cold before the fruit is put to it, else it is liable to curdle.

Hasty Cream.

PUT three quarts of milk warm from the cow, into a skillet, and let it boil: When it begins to rise, take it off the fire, and let it stand a moment: Take off all the cream from the top of it into a plate. Set the skillet on again, and continue taking off the cream till the plate is full; put to it some orange-flower, or any other sweet water, and sift double refined sugar over it before you send it to table.

You

You may put a whipp'd cream on the top, raised high, and broken jelly round the rim of the plate.

Cream of any preserved Fruit.

TAKE half a pound of the pulp of any preserved fruit, put it in a large pan, put it to the whites of two or three eggs beat together exceeding well for an hour, then with a spoon take it off, and lay it heaped on the dish, or glass salver, with other creams, or put it in the middle basin.

N. B. Raspberries will not do this way.

To make Gooseberry Cream.

SCALD tender two quarts of gooseberries, pass them through a hair sieve with the back of a spoon, and to a quart of pulp, stir in well an ounce of fresh butter, and sweeten it to your taste; beat six eggs very well, and strain them to the pulp, set it over a gentle fire, stirring it till it grows thick; take it off, and let it stand till almost cold; put in two spoonfuls of the juice of spinage strained thro' a fine sieve, and one of orange-flower water, stir it well together, put it into what you please, and send it cold to table.

To make a blanch'd Cream.

BOIL a quart of thick cream with fine sugar and orange flower water; beat well the whites of twenty eggs, with a little cold cream, strain it, and when the cream boils, pour in the eggs; keep it stirring one way, till it comes to a thick curd, then take it off, and pass it through a hair-sieve; beat it very well till cold, and put it into little dishes for use.

A Chocolate Cream.

TO a quart of milk put a quarter of a pound of lump-sugar, and boil them about fifteen minutes; beat up the yolk of an egg, and stir it in; let it have three or four boils, take it off the fire, and put chocolate to it, till it has coloured the cream; set it on the fire, let it boil for a minute or two, and strain it: Serve it in china dishes.

A whipp'd Cream.

TAKE a quart of thick cream, the whites of eight eggs well beaten, with half a pint of sack; mix all together, and sweeten it to your taste, with double refined sugar; (you may perfume it, if you please, with a little musk, or ambergrease, tied in a piece of muslin, and steeped a little while in the cream) pare a lemon, and tie some of the peel in the middle of the whisk, then whip up the cream, take off the froth with a spoon and lay it in the glasses, or basons.

This does well over a fine tart.

To make a Cream like Carraways.

TAKE a quart of milk, set it over the fire, put rennet to it, till it comes like a cheese, squeeze the whey from it, then pass it through a sieve, with fine sugar pounded, into the dish you are to send it in, raise it up like a pyramid, then boil some cream with sugar, and a little rose or orange flower-water, stir it till cold, and put it round the pyramid.

To make Lemon Cream.

TO a pint of water, add a pound of double refined sugar, and a piece of lemon-peel; set it on the fire to boil, and then let it stand till cold; beat up the whites

whites of six eggs, and one yolk, with a tea-spoonful of orange flower water, squeeze the juice of four lemons, stir all together, and strain it through a fine sieve into the syrup, take out the lemon-peel, and set it over a gentle fire, stirring it one way till it is as thick as cream; put in a good deal of the peel, and put it into glasses.

You may put into the glasses lemon-peel cut long, and very thin.

To make a Steeple of Cream.

TAKE five ounces of hartshorn shavings, and two of shavings of ivory, a small quantity of gum-dragon, and gum-arabic, put these into a stone bottle that will hold about three quarts, fill it to the neck with water, tie down the cork, and set it into a pot of water, with a little hay at the bottom; let it boil gently for six hours, take it out, and let it stand for some time; take a pound of blanched almonds, beat them fine with rose-water, and mix them with a pint of thick cream by degrees: Take the cork out of the bottle gently, and strain the liquor through a fine cloth; take a pound of jelly, and put to the cream, set it over the fire, and sweeten with double refined sugar to your taste, adding a grain of ambergrease; let it be ready to boil, then take it off, and pour it into a gallipot that is picked at bottom; when quite cold turn it into a dish, and put whipped cream and currant jelly round it.

To make a rich Plumb Cake.

TAKE a gallon of fine flour, dry it in an oven, or before the fire, and force it through a fine sieve; put to it six ounces of white sugar, three nutmegs grated, and a little mace pounded; mix the spice and sugar
with

with the flour, and then break in two pounds of fresh butter, and rub it into the flour till it is like grated bread ; have ready six pounds of currants well washed and picked, set them before the fire to dry, and mix them with the flour ; then wet it with a pint of good ale yeast, a glass of sack, and a pint of cream scalded, and let it stand till cold ; put the yeast in first, then beat up eight eggs, leave out four of the whites, put them to the yeast, and then the cream by degrees ; if the cream and yeast is not enough to wet it, put in more cream, for it must be thinner than other cakes ; it need no more kneading than to get it together, let it rise covered with a cloth before the fire an hour, bake it in a pan, or hoop ; let the oven be very hot, and cooled again before you put in the cake ; it will be baked in less than an hour.

To Ice a Cake.

TAKE two pounds of double refined sugar, beat it and sift it fine ; likewise beat a little starch, and mix with it ; put a piece of gum into orange-flower water ; when that is dissolved, beat up the whites of six eggs to a froth, then mix all together, and beat it two hours ; put it on the cake or cakes, and set it in the oven a quarter of an hour to fix it.

To make a fine rich Plumb Cake.

TAKE half a peck of flour, dry it very well, and when cool, rub into it two pounds of the best fresh butter ; beat and sift fine mace, cloves, nutmeg, and cinnamon, in all a quarter of a pound and mix a quarter of a pound of loaf-sugar, with the spice ; then mix these ingredients with the flour. Take two pounds of raisins of the sun stoned and chopped very fine, a pound of Jordan almonds blanch'd

blanched and pounded, putting a little orange-flower water to them, while you are beating them to prevent their oiling; take six pounds of currants washed and picked very clean, dry them in a cloth, to take out the little stalks, and put these into the flour also, and mix them together. Take a pint of thick yeast that is not bitter, and half a pint of sack; beat up five eggs, (leaving out two whites) and a quart of thick cream made warm, mix these together, and strain them to the rest; work half a pound of citron, half a pound of orange, and half a pound of lemon cut in thin slices with the cake; set it before the fire with a cloth over it for some time to rise, and when you think it has rose sufficiently, butter a hoop, and put in the cake. It will take three hours baking.

It is proper this cake should have an icing, for which you have a receipt.

To make a very good Seed Cake.

BREAK eighteen eggs into a large pan, and leave out eight of the whites; add to them two pounds of fresh butter, and with your hand work the butter and eggs till they are well mixed, and like thick barm; put in two or three spoonfuls of sack, two pounds of eight-penny sugar sifted, two pounds of fine flour, and two ounces of carraway seeds; mix the sugar, flour and seed, well together, and set it before the fire for half an hour, covering it with a cloth, and remember to put the flour, &c. in by degrees. Tin pudding pans are the best things to bake it in, and take care it be not over-done; they will rise very high in the oven, and when they begin to sink again, they are baked enough.

To

To make a plain Plumb Cake.

PUT a pound and a quarter of flour to dry, when cold, rub in a pound of fresh butter, wash and clean a pound of currants, and rub them in a cloth very well, to free them from stalks; add rather less than a pound of sugar, beat up six eggs, (leaving out two whites) a nutmeg grated, and a spoonful of orange, or rose-water; mix all together, and beat it for an hour; bake it in a hoop, or tin-pan, as is most convenient.

To make a Pound Cake.

SET a pound of flour before the fire to dry, and then let it stand to be cold; beat a pound of butter in an earthen pan one way, till it is like a thick cream, beat up twelve eggs, (leaving out six whites) strain them into the butter, with a pound of sugar sifted, and a few carraways; stir these well together, then dust in the flour, and with a pudding stirrer, beat it very well for an hour; butter a pan, and bake it an hour in a quick oven.

For change you may add currants instead of carraways.

To make a fine Saffron Cake.

TAKE a quarter of a peck of fine flour, a pound and a half of fresh butter, a quarter of an ounce of mace and cinnamon together, beat fine, and mix the spice in the flour. Set on a quart of milk to boil, break the butter in, and stir it till the milk boils; take off all the butter, and a little of the milk; beat up six eggs very well, and put to the yeast and milk, strain it to the flour, with some rose-water, and the tincture of saffron; beat up all together with your hands lightly, and put it into a hoop or pan well buttered. It will

will take an hour and an half in a quick oven. You may make the tincture of saffron with the rose-water.

To make little Cakes.

TO a pound of flour add half a pound of sugar sifted, half a pound of butter well beat, and a little orange-flower water; mix all well together, make them into little cakes, and bake them upon tins.

To make a cheap Seed-Cake.

TAKE half a peck of flour; set a pint of milk on the fire, and break in a pound and a half of butter; when all the butter is melted, stir in half a pint of ale yeast that is not bitter. Take half an ounce of all-spice beat fine, and a pound of sugar sifted; mix these with the flour first, then make a hole in the middle of the flour, and pour in the butter, milk, and yeast. While you are working it, strew in some carraway seeds, and set it before the fire to rise; bake it an hour and a half in a quick oven,

It is best baked in two cakes; if you make it in two, put currants in one, and carraway seeds in the other.

To make a Seed Cake the Nun's-Way.

TO four pounds of the finest flour, add three pounds of double refined sugar beat and sifted; mix this with the flour, and set it before the fire to dry; beat up four pounds of nice fresh butter to a cream, break three dozen of eggs (leaving out sixteen whites) and beat them up very well, with a tea-cupful of orange-flower water, strain them into the butter, and beat them well therewith; take the flour and sugar, and mix in six ounces of carraway seeds; put these ingredients to the butter and eggs by degrees, and beat all continually for two hours: Butter a hoop, and bake

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it three hours in a moderate oven. If you please, you may add two or three grains of ambergrease.

To make fine little Cakes.

BEAT a pound of butter to a cream, beat up five eggs, (leaving out two whites) strain them to the butter, and beat them up; wash, clean, and dry in a cloth a pound of currants, stir them in, and by degrees work in the flour and sugar; beat them very well together with both hands, make them into what sized cakes you please, and bake them in tin plates; or you may bake it in one cake.

To make hollow Biscuits.

BEAT up six eggs very well with a spoonful of rose water, and put in a pound and two ounces of loaf sugar beat and sifted; stir it well together, till it is thoroughly mixed with the eggs, then stir in as much fine flour as will make it thick enough to lay in drops upon sheets of writing paper; beat some double refined sugar, put it into a lawn sieve, and sift over them just as you are going to put them into the oven, which must not be too hot; bake them on tins, and as soon as they are baked, whilst hot, take off the papers from them, and put them in a sieve, then set them in the oven to dry for some time: Take them out, and keep them in boxes in a dry place, with papers between.

To make common Biscuits.

BEAT up six eggs with a spoonful of sack, and a spoonful of rose-water, a pound of fine powdered sugar, and a pound of flour; mix all well together with an ounce of coriander, or carraway seeds, then either put the paste into tin moulds, or lay it on thin paper,

paper, and make it into what form you fancy, wash them over with the white of an egg, and sift some fine sugar over them. Bake them in an oven moderately heated, till they rise, and come to a good colour; take them out, and when you have done with the oven, put them in again, and let them stand all night, or put them in a stove to dry.

To make the thin Dutch Biscuits.

TO five pounds of flour, add two ounces of carraway seeds, and half a pound of sugar; mix these all together, make a hole in the middle of the flour, and pour in a pint of ale yeast that is not bitter; warm half a pint of milk, and stir in three quarters of a pound of butter, pour this to the yeast, and work all together into a paste; let it stand before the fire to rise, mould it, and roll it into thin cakes; a quarter of an hour will bake them.

Before you put them into the oven, prick them all over pretty much, or they will blister.

To make Biscuits the French Way.

WEIGH four eggs, and add the same weight of fine flour, and sugar pounded; beat the whites of the eggs to a froth, and the yolks by themselves; put in half an ounce of candied lemon-peel cut very fine, then by degrees put in the flour and sugar; put the yolks in last, with a clean spoon; mix all well together; shape them with a spoon on writing-paper, and sift pounded sugar over them; bake them in an oven not too hot, and when they are taken out, loosen them from the paper, while they are warm, with a thin knife. When they are cold, put them by for use.

To make Mackeroons.

BLANCH a pound of almonds; when quite cold pound them in a mortar, with orange-flower water, to prevent their oiling; then take the like quantity of fine powdered sugar, with the whites of four eggs, and a grain of musk; beat all well together, and shape them of an oval upon water paper; bake them in a gentle oven on tin plates. You must keep them in a dry place.

To make Buns.

TO two pounds of flour, add a pint of ale yeast that is not bitter, half a gill of sack, and three eggs beat up, knead all together with half a nutmeg grated, and a little salt, put it before the fire with a cloth over it till it rises very light, then knead in a pound of fresh butter, and half a pound of carraways; bake them in a quick oven upon white paper floured, make them into what shape you please.

To make Wiggs.

TAKE two pounds and a half of flour, dry it before the fire, and when cold rub in a quarter of a pound of fresh butter, and six ounces of sugar; mix half a pint of yeast that is not bitter, with warm milk, put this to the flour with some carraway seeds; mix all together to a light dough, set it before the fire to rise, then make it into what shape you please; bake them in a slack oven.

You may have all-spice beat fine, instead of carraways, if you please.

To make Wiggs another Way.

TAKE a pound and a half of flour, add a quarter of a pint of ale yeast to half a pint of warm milk,
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mix these together, and let it lie by the fire half an hour ; then work in half a pound of sugar, and half a pound of fresh butter to a paste ; make them up, and let them be put into a quick oven.

To make Buns another Way.

TO two pounds of flour, put a pint of good yeast, a gill of sack, three eggs beat very well, with a little warm milk, a little salt and nutmeg ; knead these well together, set the dough before the fire till it has rose very light, then work in a pound of fresh butter, and three quarters of a pound of carraways ; make it up to your fancy ; and bake the buns upon tins in a quick oven.

To make Ginger bread Cakes.

TAKE three pounds of flour, and rub in very well a pound of fresh butter, four ounces of ginger, and one nutmeg finely pounded ; then take a pound of treacle, and a quarter of a pint of cream, warm them together, and make up the bread stiff ; roll it out something thicker than a crown piece, cut it with a tea cup, or make it into any shape you please ; bake them on tins in a slack oven. You may work in some coriander seeds, if you like them.

To make fine Ginger-bread

TAKE three pounds of flour, two ounces of beaten ginger, a quarter of an ounce of nutmeg, cloves, and mace together, finely beaten, and three quarters of a pound of sugar pounded ; melt three quarters of a pound of fresh butter, and stir in two pounds of treacle, but do not let it boil ; then make up the bread

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with candied orange and lemon-peel cut fine ; knead it well together, and bake it an hour in a quick oven.

To make Dutch Ginger-bread.

TO four pounds of flour mix two ounces of beaten ginger, then rub in a quarter of a pound of fresh butter, and two ounces of carraway seeds, two ounces of orange-peel dried, pounded fine, and sifted, a few coriander seeds bruised, two eggs beat up, mix all together very well, with two pounds and a quarter of treacle, and some citron, cut small ; beat it well with a rolling pin, and make it into twenty or thirty cakes, butter white paper and lay them on, and prick them on the tops with a fork ; bake them on tins in an oven not too hot ; about three quarters of an hour will do them.

Before you put them into the oven, wash them over with the white of an egg broke to a froth with a brush, or a bunch of feathers.

To Pickle Pigeons.

CUT off the wings and legs of the pigeons, crawl them without breaking the craws, then turn the neck skin as far over as you can, and with a penknife cut the flesh from the bones : then turn it down farther, till you have taken the bones out whole and the guts in them, and have your pigeons whole, but the wrong side outward. Have ready some cloves, mace and nutmegs, finely beaten, some lemon peel, and what sweet herbs you like shred very fine, Mingle all these with some salt, and rub the insides of the pigeons with it ; then turn them, and if you think the seasoning too much rubbed off, put in more. Pull them
into

into their right shape with a thread. Tie their necks to keep in the seasoning, and the legs and wings if you have opened them much ; wash them clean, and tie them up in an old cloth ; boil them in water and salt with a whole onion or two, a bundle of sweet herbs, some whole pepper, and other spice (if you chuse it.) When they are boiled enough take them out of the cloth, and make a pickle of white wine, with the same seasoning you put into the water. Boil it, and when the pigeons and pickle are both cold put them together. A pint of pickle will serve twelve pigeons. Before you put them in cut off the threads, if you design not to keep them. The pickle they were boiled in will serve by adding some vinegar to it. Eat them with elder vinegar.

N. B. Pigeons thus pickled make an excellent side-dish, and are much admired.

To Pickle Mushrooms.

TAKE small buttons, put them into water with a little salt in it, rub them clean with a piece of flannel, throw them into salt and water as you do them, and boil them about ten minutes in milk and water with a little salt ; strain them off, and lay them upon a clean cloth, changing the cloth till they are dry. Make the pickle thus, to a quart of vinegar put half a pint of white wine, boil it, and let it stand till cold ; put the mushrooms into the glasses with a silver spoon, with cloves, mace, nutmeg sliced, and a little whole white pepper, and pour the pickle upon them with some salad oil on the top, and tie them down with a bladder.

If you would have them look very white, use distilled white wine vinegar.

To Pickle Walnuts.

GATHER the nuts when they are about half grown, take salt and water, boil it, and pour it boiling hot on them, enough to cover them; lay something over them to keep them under the brine, and do this for nine days; if you find the outer skin loose before that time, put them into warm water, and with a piece of flannel wipe that skin off, and throw them into another vessel of warm water; after this take vinegar enough to cover them, and boil it with a handful of salt, pour it on the nuts boiling hot, and let them stand in it a week; throw that vinegar away; then take the best vinegar and spice, make a pickle with whole pepper one ounce, cloves and mace a quarter of an ounce each, a race of ginger, and a large spoonful of salt, put the nuts into a stone jarr, and pour the pickle on them boiling hot, double a cloth and lay over the mouth of the jarr, and cover it with a pewter plate; when they are quite cold tie them down with a bladder, and a leather over that.

To mangoe Cucumbers.

HAVE cucumbers that are large and quite green, cut a slip out of the side, and take out all the seeds and pulp very clean; then fill them with mustard seed a little bruised, a clove of garlick, some ginger and horse-radish scraped, put the slip close in again, and tie it round with coarse thread. Make a pickle with vinegar, whole pepper, cloves, and mace, add a large spoonful of salt, boil all together, and pour it boiling hot on the mangoes; do so for nine days, or till they are green, covering the mouth of the jarr with a cloth three or four times double, every time you pour on the pickle:

pickle when they are green and quite cold, tie them down with leather.

To Pickle Cucumbers in Slices.

TAKE cucumbers that are large and green, slice them the thickness of a crown piece into a large pewter dish, to every dozen of cucumbers slice three large onions, lay a layer of cucumbers, then some onions, and strew salt over them; do so, till all are in your dish, put another dish over that and let them stand twenty hours, drain them well from the salt, lay them on a cloth, put another over to suck up the moisture, put them into jarrs, and strew between them mace, whole pepper, ginger cut in pieces, and a large nutmeg sliced; boil as much vinegar with a spoonful of salt as will fill the jarrs, pour it on boiling hot, double a cloth and put on the top, and a pewter plate over that, do so for three days; when they are cold tie them down for use.

You may put a quarter of a peck of small onions into the jarrs instead of large ones sliced, and they are full as well.

To Pickle Gerkins.

MAKE a brine of salt and water strong enough to bear an egg, set it over the fire to boil, fill the jarr or jarrs with cucumbers, and pour the brine on boiling hot; cover them over with a folded cloth, and lay on something to keep in the steam; next day lay them upon cloths till quite dry, wipe out the jars, and put in the cucumber with a quarter of an ounce of cloves, a nutmeg cut in quarters, mace a quarter of an ounce, a quarter of an ounce of whole pepper, and a large race of ginger sliced. Then boil the vinegar with a hand-

a handful of salt in it, when it has boiled five or six minutes pour it on the cucumbers boiling hot, and cover them over as before; every other day pour the pickle off, give it a boil, and pour it on again; do so for three times; and when they are quite cold, tie them down with a bladder and a leather over it, and keep them for use.

Most people put dill into their cucumbers but it gives them not only a disagreeable taste, but is apt to mother the pickle.

French beans are done the same way, but you must not put any dill to them.

To Pickle Red Cabbages.

TAKE a cabbage of a deep purple colour, cut it in pieces, but not too large, put it into a jarr till it is almost full, then make this pickle: boil vinegar as much as you think will fill the jarr, add whole pepper, ginger cut in slices, and a little Jamaica pepper; pour the pickle on boiling hot, cover it over with a cloth doubled till quite cold, then tie it down for use. It is a very pretty garnish for roast meat with horse-radish, for beef stakes, and mutton chops, and to mix with other pickles.

To pickle Onions.

TAKE small onions that are thorough dry, cut off the root and top, but not too close, and slip off the dry skin; then boil them till they are about half done, strain them off, take off two coats and lay them upon a cloth; take all those that are clear and white, and when quite cold, put them into a glass jarr, those that are streaked put into a stone jarr; as you put them in, intermix a bay leaf, some white whole pepper, mace and

and nutmeg cut in pieces ; then boil a sufficient quantity of the best vinegar with two or three ounces of salt, let it stand till it is quite cold, fill up the jarrs, and tye them down with a bladder and leather.

To pickle Barberries.

TAKE of virgin barberries full ripe what quantity you please, cut off all that are specked, put them into a mortar and bruise them ; if the barberries are clear you must pick from the stalks about two handfuls and put into the mortar ; put the other into wide mouth bottles, then make a pickle thus : Put an equal quantity of water to the best vinegar, half a pound of Lisbon sugar, and a quarter of a pound of salt ; then add the bruised berries to it, boil it, and when it is cold strain it off, and wring the berries, let it stand to settle, then pour it clear off to the barberries, and tie them down tight with a bladder and a leather.

You may make tarts with these, and they are as good as if they were just gathered off the tree.

To pickle Radish Pods.

GATHER radish pods when about half ripe, lay them into a strong brine of salt and water for three days, shifting the brine the second day, put a board or plate over them to put them under, put them into a cullender to drain, dry them in a cloth, and then put the pods into a jarr, with three or four large blades of mace ; boil a sufficient quantity of vinegar, with whole pepper, a race of ginger sliced, and a little salt, pour it on the pods boiling hot ; cover them over with a double cloth, let them stand for two or three days, and then boil your pickle again, and pour it on hot ; do so till they are of a good colour ; when cold you may

may put in a gill of mustard seed, and tie them down for use.

To pickle Walnuts white.

TAKE of the largest double nuts, fresh gathered, what quantity you please; try them with a needle, that they are not shelled; pare them till you come to the white, and as you pare them throw them into strong salt and water, and let them stand for six or seven hours, with something on them to keep them under water; boil clear spring water in a clean stew-pan; take the nuts out of the brine, put them into the boiling water, and let them just simmer for six or eight minutes: Make a brine of spring water and salt, take the nuts out with a wooden skimmer, put them into the cold brine, and let them lie in it near half an hour; take them out, and wipe them dry with a soft cloth that is not linty: Put them into a jar, or glass, as you do them; strew mace, one or two nutmegs cut in pieces, and some whole white pepper between. If you use distilled vinegar, you need not boil it, if white wine vinegar boil it, when cold pour it on the nuts, pour oil over them, and tie them down with a bladder and leather.

You may put some into a glass, and add turmeric to them, and they will be of a fine straw colour. This is a delicate pickle, and very little inferior to the white India mangoes.

To pickle Stirrion Seeds.

GATHER your stirrions when they are about half grown, stalk and all, lay them in salt and water for twelve hours, then lay them on a cloth to dry, when dry put them into a glass, or jar, with mace and whole
white-

white pepper ; boil vinegar with a little salt in it ; when it is cold, pour it over them ; and tie them down with a bladder.

To pickle Capsicomb Pods.

GATHER the pods before they turn red, with the stalks on, cut a slit down the side with a penknife, and take out all the seeds with the handle of a tea-spoon, with as little of the meat as you can avoid ; lay them into a pretty strong brine for three days, shifting it every day ; take them out, lay them on a cloth, and lay another over them till they are quite dry ; boil vinegar sufficient for them, with mace and nutmeg beat small. When the pickle is cold, cut the pods into a stone jar, or a glass ; tie a leather over them.

To make Kayen, what is called Kayen Pepper.

GET the ripest capsicomb pods you can, open them, and take out all the seeds and pulp ; lay them upon a sheet of writing-paper very thin, till they are quite dry, then pound them very fine in a marble mortar, with a marble pestle ; when it is done enough, it will be like a fine paste ; take it out with a tea-spoon, and put it into a wide-mouthed bottle, keep it stopp'd very close, and be sure when you take any out, that the spoon or knife is clean and dry ; if any wet comes to it, the remainder will soon mould. It will keep good for years in a dry place.

You cannot dress a turtle, or barbicue a pig well without it.

To pickle Asparagus.

TAKE fine large grass that is not run, cut off all the white part, and throw them into water ; have ready a large stew-pan boiling with salt and water ; put the

the grafs in loofe, and let them be fcalded ; take them out with a fkimmer, and take care you do not break the heads ; lay them upon a cloth, and another over them ; when dry put them into a clean wide-mouthed jar, with two nutmegs cut in pieces, a quarter of an ounce of mace, and a quarter of an ounce of whole pepper. Make a pickle thus : To a gallon of vinegar, add almoft a quart of fpring water, a large fpoonful of bay, and another of common falt ; boil it, and if any fcum arifes, take it clean off, then pour the pickle on boiling hot, cover them over with a cloth three or four times double, and let them ftand five or fix days ; pour the pickle off, and let it boil again, and pour it on hot, covering it as before ; do fo again at the expiration of five or fix days ; and, when quite cold, tie them down with a bladder, and a leather over that, and keep them for ufe.

To pickle Beet Roots.

TAKE large beet roots, wafh them very clean, and pare off the green head, put them into a pan with falt and water, and bake them with bread ; when cold make a pickle of vinegar, falt, and water, and let it boil ; take out of the pan one of the beet roots, pare it, and put it into the pickle cold ; when you want to ufe it, you may cut it into what fhares you please, with a jagging iron ; boil a turnep not quite tender, rafp it with a lemon race, and put it into the beet root in pickle, for garnifhing of difhes : It is a very pretty garnifh for all boiled meats.

Note. If you find the brine they were baked in begins to be ropey, take them out, wipe them, but don't
pare

pare them, boil up a fresh brine, and put them in when it is cold.

To pickle Artichook Bottoms.

HA V E the largest artichooks you can get, cut off the stalks, and pare all the leaves off the bottom; go regularly round till you come to the choak, scrape that clean out, and as you do them throw them into salt and water; when they are all done, if a large quantity, you must boil them in a copper with salt and water, if not in a turbot pan; when they are boiled tender, take them out, and lay them upon a cloth to dry: Make a pickle of two-thirds vinegar, and one of spring water, with a little salt; put the bottoms into wide-mouthed jars, and pour the pickles over them; lay a cloth over the top for the present, and when they are quite cold tie a bladder, and then a leather over them.

Before you use them put them into water almost scalding hot, let them lay in that till it is near cold, then shift that water, and let them lay till you make use of them; by this means you will draw out all the vinegar.

Another Way to pickle Artichook Bottoms.

C U T off your stalks close to the bottom, boil them as you would do for eating, then take off all the leaves and choak; when they are cold put them into jars with the spice; boil the vinegar as above, let it stand till it is cold, then pour it on the bottoms. Before you use these, you must put them into warm water.

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Remarks

Remarks to be observed in the Pickling Closet.

IN the first place, be provided with as many wooden spoons as you have sorts of pickles, with holes drilled in the bowls of them, and a couple of spaddles. Secondly, Be careful to tie the jars down close again, when you have taken any pickles out. Thirdly, See that there is no place for a rat to get in, for they will eat off the leather and bladder coverings, especially where there are any pickles with oils on them, and by that means you may have a jar of pickles spoiled.

To make Vinegar of Gooseberries.

TAKE gooseberries full ripe, bruise them in a mortar, then measure them, and to every quart of gooseberries put three quarts of water, that has been boiled, and stood till cold, let it stand twenty four hours; strain it through a canvass, then through a flannel bag, and to every gallon of this liquor put one pound of coarse sugar, stir it well together, put it into a barrel, and let it stand for three quarters of a year; then it is fit for use. If it stands longer it will be the better.

This is very good vinegar for pickling.

To pickle Oysters.

TAKE two quarts of the largest *Melton* oysters, put them into a clean sauce-pan with their own liquor, two or three bay leaves, a good piece of lemon peel, and a spoonful of salt; boil them over a slow fire for about twenty minutes, scum them while they are boiling, then pour them off into a clean pan; wash every oyster in the liquor before you put them into the jarr, and when you have put them in strain the liquor through a cloth: Make a sufficient quantity of
pickle

pickle thus; to a pint of this liquor add a gill of the best vinegar, half an ounce of mace, a large nutmeg cut in pieces, and some whole pepper; boil all together, and pour it over the oysters, when they are cold. You may tie them down with a leather, and they will be fit to use in two days.

If you want them for an entertainment take off the beards, if not you may leave them on.

To pickle Muscles.

TAKE the finest muscles you can get, wash them very well in two or three waters, fill a large stew pan with them without any water, and lay a wet coarse cloth over them; when they boil lift up the cloth, and if they open take them off; pick out the fish, take off the fuz, and examine them under the tongue and the beard that there is no grit nor small crab; when all are done strain the liquor, and make a pickle as for oysters.

To pickle Cockles.

COCKLES are done the same way, only when you take them out of the shells, wash them in warm salt and water, that they may be free from grit.

To pickle Oysters another way.

TAKE two hundred of large oysters, the newer the better, and be careful in the opening not to cut them; save all the liquor that comes from them in a dish, cut off the ragged black from the fins, then wash them clean from grit in their own liquor, put them into a kettle, and strain the liquor to them; boil them a quarter of an hour over a gentle fire, oft-

en stirring them as they boil, that they may be all alike ; then take them off the fire, take the oysters out of the liquor, strain it through a fine cloth, put to it a quarter of an ounce of mace, not quite so many cloves, and a quarter of an ounce of whole pepper ; set it on the fire, and let it just boil, put it to the oysters, and stir the spice well amongst them ; put in two or three spoonfulls of salt, and three quarters of a pint of the best white wine vinegar : lay at the bottom of the pan eight or ten bay leaves, pour the oysters and liquor on them, let them stand till the next day, and then put them up for use. When you take any out, tie them down close again.

To pickle a large Ham.

PUT four ounces of bay salt over the ham for a day or two ; then take half a pound of coarse sugar, a pound of common salt, half a pound of bay salt, and four ounces of salt-petre pounded ; take two quarts of strong beer, if it be not stale add some vinegar to it, boil all together and pour it hot upon the ham ; put the liquor over it with a spoon several times every day. In three weeks it will be fit for use.

To pickle Hams.

TAKE four hams, six-penny worth of salt petre pounded, one pound of bay salt, double the quantity of common salt, and two pounds of coarse sugar ; set the ingredient over a gentle fire, and let them boil ; then lay the hams in an earthen pan, and rub them well once or twice a day with this brine for a fortnight.

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Let the hams hang up for two or three days before you rub them with the pickle.

To pickle Salmon.

TAKE a salmon, open it from the vent up to the head, and take out the guts, (but don't scale it,) then cut the tail off at the vent, and leave that whole; split the other quite through the head, leaving the bone on the right side, and cut off the jowls. A fish of about fourteen or fifteen pounds weight will take half an hour, one of twenty-five, will take three quarters of an hour's boiling; (remember to put a good deal of salt in the water; when the fish is boiled, take it up carefully, and lay the tail at the bottom of the pan, the middle pieces next, and the jowls at top. Have ready some vinegar boiled with mace, a little ginger sliced, and whole pepper, then mix two parts of the liquor the fish was boiled in and one of the vinegar pickle, fill the pan, or whatever you design to keep the fish in, about an inch above the salmon, cover it up close, and set it by for use.

The spice, except the pepper, is more than is commonly used for sale.

To make Westphalia Hams.

TAKE spring water that is not hard, add salt-petre and bay salt to it till it will bear an egg, the broad way, then add a pound and a half of coarse sugar; mix all together, and let the ham lay in this pickle a fortnight or three weeks; then lay it in the chimney to dry. When you boil it, put some hay into the copper with it. You may keep the pickle as long as you please by often boiling it up.

Do beef this way about Martinmas, and it is not inferior to the *Hamburg* beef.

To dry Hams.

CUT legs of pork, like a *Westphalia* ham; take a pound of very brown sugar, bay salt two pounds, and two ounces of salt-petre, mix them together, and set them before the fire to dry a little, then beat them in a bowl or mortar, add two pounds of common salt, and rub all well into the hams, the next day take them out of the brine, and put them into a warm oven after the bread is drawn, and let them be thorough hot, take them out, and rub the salt well into them again, turn them every day, and rub them well with the salt and brine; three or four days after put them into a warm oven again, and do so for three or four times, and in three weeks they will be salt enough; then rub them all over with bran, and hang them up to dry as you would other bacon. This quantity of salt and sugar will do four or five hams.

Let them be in the salt two or three days before you put them into the oven: if you set in the bread early in the morning, you may put the hams in at night when you go to bed, and let them stand all night.

To pot Lampreys.

SKIN lampreys, clean them well with salt, and wipe them, take black pepper, mace, and a clove or two beat fine, mix all together, and season the fish, turn them round, lay them in a round pan, and cover them with clarified butter; bake them, and order them according to the receipt for doing eels.

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If the lampreys are large, put one into a pot, if middling put two, but not more, for they are apt to change when the air comes to them.

To pot Lobsters.

BOIL the Lobsters yourself, with a little salt in the water, (if large half an hour, middling ones will take twenty minutes boiling,) pick all the meat, clean, body and all; pound it fine in a mortar, season it with salt, a very little pepper, mace beat fine, and a little nutmeg grated, melt a piece of butter as big as a walnut without water, and pour it into the mortar as the lobster is beating; when it is become a fine paste put it into a pot, or pots very close, and pour clarified butter over it, the thickness of a crown.

Another way to pot Lobsters.

BOIL a lobster as above, take off the tail whole, and cut it in two, take out the guts, and put them and the tail into the pot, then pick the remainder, season it, and pound it very fine, but do not put in more butter than the bigness of a nutmeg; put the meat into the inside of the tail very close, and pour clarified butter over it. When you send it to table, take off the butter, and turn it into a little dish or plate. It is very pretty to fill up a corner.

To pot a Pike.

SCALE a pike very clean, take out the inside, and cut off the head close to the jowl, split it, and take out the chine bone nicely; take bay salt, white pepper, and a little mace; beat all these together very fine; season the pike well in the inside, then lay it together, and roll it round; put it into a pot, and
put

put some butter upon the back; cover it down, and bake it an hour. When it comes from the oven, take it out, and lay it upon a sieve or cloth to drain. When cold put it into the pot, and pour clarified butter over it.

To pot Smelts.

TAKE half a hundred of large fresh smelts, draw out the guts with a skewer, and wipe them well with a dry cloth (leaving in the roes) season them with salt, mace beat fine, and nutmeg grated, lay them into a long flat baking pan, and pour over them three quarters of a pound of butter; tie them over with paper doubled, and bake them an hour in a slow oven; then take them carefully out, and set them before the fire to drain; when they are drained, put them in long pots, in layers head and tail, to make them lie even; sprinkle some of the same seasoning you used before between every layer; as soon as they are cold, cover them with clarified butter for use.

Trout may be potted in the same manner.

To pot Salmon.

SCALE a salmon very clean, wipe it with a cloth but don't wash it; cut it into pieces that will lie conveniently in a pot; take *Jamaica* and black pepper, mace, a few cloves, and a bit of sal-prunella, all beat very fine; mix these spices with common salt, and season the fish with some part thereof; lay it into the dish, and pour clarified butter over it; tie a paper over the top, and let it be well baked; when it comes from the oven, take it carefully out, and lay it to drain; when cold season it well with the remainder

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of the spices; lay it into a dish, and pour clarified butter over it.

Carp and tench may be potted in the same manner, either whole or split.

Observe, never to let any gravey be left in the pot, for that will make it soon spoil; and always melt the butter for potting without any water.

To pot Eels.

TAKE eels, bone them, and season them with pepper, salt, mace, and cloves beat fine; wash some anchovies, cut them in small pieces, and strew some upon each eel; roll them upon a rolling-pin, that there may be a hole in the middle; draw out the pin, and put the eels into a pot, or pots, according to the number you intend to do, putting an onion and a bundle of sweet herbs into the hole. If you have four pounds of eels, put in half a pint of red wine, and a quarter of a pound of butter; cover the pan with paper, and a paste over that, made of flour and water; bake them till they are very tender, pour all the liquor from them, take them out of your pan, and take out the sweet-herbs and onion also. If for present use, you need not press the liquor from them; if they are to keep long, squeeze them either with your hands, or between two trenchers, as dry as you can, put them into small pots, one or two in each, and pour clarified butter over them.

To pot Eels another Way.

TAKE what quantity you please of eels, skin and gut them, and be very careful you do not break the gall; wash them very clean, take out the fat and blood from the back bone, and cut them in
pieces

pieces about three inches long : Beat mace, nutmeg, and pepper very fine, and sift it through a sieve, add salt in proportion, and season every piece of eel therewith ; lay them into a pot, and pour clarified butter over them, till they are quite covered ; tie a thick paper over the pot, and bake them till they are very tender ; when they come from the oven, take them out piece by piece, and lay them before the fire, upon the back of a sieve to drain ; when they are cold, season them afresh with the same seasoning as before ; lay them very close into a pot, take the butter clean off, clarify it afresh, and pour it over them again ; let them be covered something thicker than a crown-piece, and tie them down for use.

To pot a Hare in Joints.

CASE the hare, and wipe it dry, cut it into joints as you would do at table, leaving out the head and bloody parts ; season the rest with mace, pepper, and salt ; put the hare into a pan, beat a pound of beef suet in a mortar to a paste, put it over the hare tie a brown paper double over the top of the pan, and send it to be baked ; let it stand in a slow oven all night ; when it comes home take off all the fat, take out the hare, and let it drain ; when cold lay it close into a pot, piece by piece, and pour clarified butter over it.

To pot a Tongue whole.

TAKE a tongue out of pickle, cut off the root, and boil it till it will peel easily ; then season it with salt, pepper, cloves, mace, and nutmeg, all beat fine ; rub it well with your hands while it is warm ; put it into a pot, and melt as much butter as will

will cover it all over, and bake it an hour; when it comes from the oven, take it out, and when cool, rub some fresh spice over it; as soon as it is quite cold, lay it into a pot, take off the butter it was baked in very clean from the gravey, set it in a pan before the fire to dissolve, then pour it over the tongue, and let it be covered full half an inch with the butter.

To pot a Turkey.

BONE a turkey, and season it inside and out with salt, pepper, mace, and nutmeg; then put it into the pot you design to keep it in; put over it a pound of butter, and bake it; when it comes from the oven, drain from it the gravey and butter, press it down close in the pot, and lay a weight upon it to keep it close till it is cold: Then take the clearest of the butter it was baked in, clarify some more with it, and pour over the turkey; keep it in a close place for use. If you please, you may bone a fowl, and put into its belly.

Geese and ducks are potted in the same manner.

To pot Pigeons.

DRAW your pigeons, and wipe them very clean with a cloth, cut off the legs, and season them pretty well with pepper and salt, put them into a pot, and pour over as much butter as will cover them, bake them till they are very tender; when they come from the oven, take them out, and let all the gravey drain from them; season them with salt, mace, two or three cloves, and pepper beat very fine; lay them close into a pot; take the butter clear from the gravey they were baked in, melt it, and pour over them; if there is not a sufficiency, clarify some more, and pour over;
tie

pieces about three inches long : Beat mace, nutmeg, and pepper very fine, and sift it through a sieve, add salt in proportion, and season every piece of eel therewith ; lay them into a pot, and pour clarified butter over them, till they are quite covered ; tie a thick paper over the pot, and bake them till they are very tender ; when they come from the oven, take them out piece by piece, and lay them before the fire, upon the back of a sieve to drain ; when they are cold, season them afresh with the same seasoning as before ; lay them very close into a pot, take the butter clean off, clarify it afresh, and pour it over them again ; let them be covered something thicker than a crown-piece, and tie them down for use.

To pot a Hare in Joints.

CASE the hare, and wipe it dry, cut it into joints as you would do at table, leaving out the head and bloody parts ; season the rest with mace, pepper, and salt ; put the hare into a pan, beat a pound of beef suet in a mortar to a paste, put it over the hare tie a brown paper double over the top of the pan, and send it to be baked ; let it stand in a slow oven all night ; when it comes home take off all the fat, take out the hare, and let it drain ; when cold lay it close into a pot, piece by piece, and pour clarified butter over it.

To pot a Tongue whole.

TAKE a tongue out of pickle, cut off the root, and boil it till it will peel easily ; then season it with salt, pepper, cloves, mace, and nutmeg, all beat fine ; rub it well with your hands while it is warm ; put it into a pot, and melt as much butter as will

will cover it all over, and bake it an hour; when it comes from the oven, take it out, and when cool, rub some fresh spice over it; as soon as it is quite cold, lay it into a pot, take off the butter it was baked in very clean from the gravey, set it in a pan before the fire to dissolve, then pour it over the tongue, and let it be covered full half an inch with the butter.

To pot a Turkey.

BONE a turkey, and season it inside and out with salt, pepper, mace, and nutmeg; then put it into the pot you design to keep it in; put over it a pound of butter, and bake it; when it comes from the oven, drain from it the gravey and butter, press it down close in the pot, and lay a weight upon it to keep it close till it is cold: Then take the clearest of the butter it was baked in, clarify some more with it, and pour over the turkey; keep it in a close place for use. If you please, you may bone a fowl, and put into its belly.

Geese and ducks are potted in the same manner.

To pot Pigeons.

DRAW your pigeons, and wipe them very clean with a cloth, cut off the legs, and season them pretty well with pepper and salt, put them into a pot, and pour over as much butter as will cover them, bake them till they are very tender; when they come from the oven, take them out, and let all the gravey drain from them; season them with salt, mace, two or three cloves, and pepper beat very fine; lay them close into a pot; take the butter clear from the gravey they were baked in, melt it, and pour over them; if there is not a sufficiency, clarify some more, and pour over;

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tie a paper on the pot to keep the dust from it, and set it where neither rats nor mice can get at it.

Thus you may pot small birds, snipes, wood-cocks, or partridges; only observing, that wood-cocks and snipes are done with their legs and heads on, and are not to be drawn.

To pot a Tongue.

BOIL a tongue very tender, take off the skin, chop it very small, take out the bones of two large anchovies; put them with the tongue, into a marble mortar, and beat it very well, then pour in melted butter as you beat it, till it is as fine as paste; put it down close into pots, and pour clarified butter over it, and put paper on the top.

In this manner you may pot any cold wild fowl, turkey, or any fowl you please.

To pot Venison.

TAKE of venison fat and lean together, bone it, and take off the skin, lay it in a pan, and put pieces of butter all over it; tie a brown paper over the top, and bake it till it is very tender; take it out of the liquor, and let all the gravey drain from it; when cold beat it in a mortar (seasoning it with mace, nutmeg, two or three cloves. and some black pepper beat very fine, and salt to your taste) with some of the butter it was baked in, till it is like a fine paste, put it close down into pots, and pour clarified butter over it.

In your beating it, if there should be any skin in it take it out.

To pot Mushrooms.

THE mushroom buttons must be put into salt and water, and immediately taken out and cleaned with a flannel dipped in the same water; then set them in a cullender to drain; put them into a stew-pan, and to half a peck of mushrooms add a good deal of salt, half a dozen blades of mace, and some cloves; stew them till half their own liquor be consumed; then put in two pounds and a half of fresh butter, and stew them till the butter is oiled, and till none of their own liquor appears at the bottom of the stew-pan; then put them into clean dry earthen pots, and if they are not as sufficiently covered with butter as potted meats ought to be, more butter must be melted up, and put upon them.

N. B. These have the same flavour of mushrooms fresh gathered, and will make a good side-dish for a second course.

To dress Potted Mushrooms.

TAKE them out of the pot, and put them into some warm water to melt the butter from them, but do not let them stay too long in the water, lest they lose their virtue; after draining them in a cullendar, put them into a stew-pan, with a white fricassée sauce; when they are thorough hot dish them up, and garnish the dish with sippets and lemon.

It is best to use small pots to put them in, because the mushrooms will not keep well after being once opened.

To pot Beef.

TAKE a piece of lean buttock of beef, rub it over with saltpetre, let it lie one night, then

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take

take it out, and salt it very well with white and bay salt; put it into a pot fit for it, cover it with water, and let it lie four days; then wipe it well with a cloth, and rub it with pepper finely beaten, put it down close into a pot without any liquor, cover the pot with a paste made of flour and water, and let it bake six hours at least; then take it out, and when it is cold pick it clean from all the skins and strings, and beat it in a stone mortar very fine; then season it with nutmeg, cloves, and mace, finely beaten, to your taste, pour in melted butter, and work it together till it is as thick as a paste; put it close down into what sized pots you please, and cover it over with clarified butter.

Another way to pot Beef.

TAKE the bottom cut of a buttock of beef, cut out all the bone and gristle; take an ounce and a half of saltpetre beat to powder, a good handful of common salt, and a spoonful of beaten pepper, mix all together, and rub it well about the beef, turn it every day for eight or ten days, then put it into an earthen pot, and put to it two pounds of beef-suet shred very fine, a pint of red wine, half an ounce of cloves and mace finely pounded; cover the pot with a paste made of flour and water, send it to the oven, and bake it eight or nine hours; while it is warm take it out of the pot with a skimmer, drain and wipe it very clean, then put it into the pot as close down as you can, pour clarified butter over it, and keep it for use. The liquor it was baked in will keep for two or three months by adding a little wine to it, and is an excellent sauce for roast-beef.

To collar Beef for keeping.

TAKE a flank of beef, bone it, and take off the inner skin; score it about an inch distance, but take care not to cut through the outer skin; then take two ounces of saltpetre beat fine, and a large handful of common salt, sprinkle the beef with water, rub in the salt very well, lay it into an earthen dish, and let it lie for four or five days; take a good quantity of sweet herbs picked and washed very clean, shred them fine, season them with beaten pepper, mace, nutmeg, and salt; take the beef out of the brine, and strew the herbs and seasoning between the nitches, and on the inside; roll it up very tight in a strong cloth, bind it round with coarse incle, and tie both ends close; put it into a pot, add the brine to it that it was pickled with, and fill it up with water, tie a double paper over the top, and let it stand all night in a slow oven; when it comes from the oven, and is cool enough, bind it afresh, and hang it up till it is quite cold; take off all the fat clean from the pickle it was baked in, boil it up with a handful of salt, a few bay leaves, some whole *Jamaica* and black pepper, a quart of stale strong beer, and a little vinegar; scum the pickle as it boils, and when it is quite cold, take the binding off the beef, put it into the pickle, and keep it for use.

To collar Eels.

SCOUR the eels very well with a flannel and salt, then slit them down the back, cut off the heads and fins, and take out the bones; wash and dry them, season them with mace, nutmeg, pepper, salt, parsley, a little thyme, and sage, chopped fine; roll

them up tight, and tie them in little cloths; boil them in water and salt, with the heads and bones, some vinegar, a faggot of herbs, some sliced ginger, and a little isinglass; when they are tender take them up, strain off the pickle, and when the eels are cool enough, re-tie them, and put them into the pickle with the cloths till you want to use them; take them out of the cloths, and garnish them with raw parsley and barberries.

To collar a Pig, or a Breast of Veal.

BONE your pig, or breast of veal, then season it all over the inside with cloves, mace, and salt beat fine, a handful of sweet herbs picked clean from the stalks, and some parsley and sage shred very fine; roll it up in a cloth as tight as possible, and tie the ends very close, then bind it over with a broad tape, boil it till it is very tender in one part vinegar and two of water, with salt, mace, cloves, and whole pepper. When the liquor boils put in the collar; and when you think it is quite tender take it up; take off the tape, roll it afresh, tie the ends, and hang it by one end till cold; then unroll it, take off the cloth, and lay the collar in a deep earthen pan; take off all the fat from the liquor it was boiled in, and pour over it; then cover it close to keep for use. If the pickle begins to spoil, take out the collar, and wipe it very clean, strain the liquor through a coarse cloth, boil it, and scum it very clean as it boils, wipe the pan clean that the collar was in, and when the pickle is boiled, strain it again into the pan; when it is cold lay in the collar, and cover it close.

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You collar veal the same way, only leaving out the sage.

To collar Beef.

TAKE a piece of thin flank of beef, strip off the skin to the end, and beat it well with a rolling-pin; dissolve a quart of salt petre in five quarts of spring-water, strain it through a cloth, and let the beef lie in that brine for five days, turning it once a day. Take a quarter of an ounce of cloves, a nutmeg, two or three blades of mace and some whole pepper beat up very fine; strip a handful of thyme from the stalks, and mix with the spice, strew this all over the beef, and lay on the skin again, then roll it up very close, tie it tight with broad tape, put it into a pan, with a pint of red wine, and as much water as will cover it, paper it over the top, and bake it with a batch of bread. This you may eat hot or cold; if you would eat it hot, take it out of the liquor, and take off the tape, put the collar into a soup-dish, scum off all the fat from the liquor, put it into a clean stew-pan, and thicken it up, pour it over the collar, and send it to table.

Walnut Catchup, for Fish Sauce.

TAKE walnuts, when they are fit for pickling, bruise them well, in a marble mortar, and strain off the liquor from them through a cloth, let it stand to settle, pour off the clear, and to every pint of it add one pound of anchovies, half a quarter of an ounce of mace, half a quarter of an ounce of cloves, half a quarter of an ounce of Jamaica pepper, bruised fine; boil them together till the anchovies are dissolved; then strain it off, and to the strained

liquor add half a pint of the best vinegar, and eight shalots ; just boil it up again, pour it into a stone pan or china-bowl, and let it stand till cold, when it is fit to put up in bottles for use. It will keep for years, and is excellent with fish sauce.

Another Walnut Catchup.

TAKE four quarts of walnut juice, two quarts of white wine vinegar, three ounces of ginger sliced, two ounces of black pepper bruised, two ounces of white pepper bruised, half a pound of anchovies ; let these simmer gently, till half the quantity is evaporated ; then add to it a quart of red wine, two heads of garlick, the yellow rind of eight Seville oranges, or half a pound of dried orange peel cut very small, and forty bay leaves : give it one boil together, then cover it close in an earthen vessel, and let it stand till 'tis cold. When it is cold put it into wide mouthed quart bottles ; and into each of the bottles put one ounce of shalots skinned and sliced : cork the bottles close, and put them by for two months, when it will be fit for use.

The shallots will likewise eat very fine when taken out, though they will look of a bad colour.

To dress Stock-Fish.

PUT it into water, and let it remain there two days, shifting the water often ; then take it out, and clean the skin and inner part with a hard brush, and hang it up for one night in the air. In the morning put it again into water, and let it remain till the next morning, shifting the water often ; take it out, and hang it up for another day, then put it again into water for another day, when it will be fit for dressing.

Roll

Roll up the fish round, and tie it close with a tape ; put it into a fish kettle, the water of which simmers when you put it on : let it remain simmering for three quarters of an hour, then let it boil for five minutes, and the fish is enough.

A favourite Sauce of Mr. Quin's, said to be compounded by himself.

TAKE one pint of walnut pickle, one pint of mushroom catchup, twelve cloves of garlick bruised, twenty anchovies bruised well, two ounces of horse-radish scraped, and a little Cayenne pepper. Let them stand together for a week, shaking them well, and they will be fit for use.

To make a rich Giblet Soup.

TAKE four pounds of gravey beef, two pounds of mutton, two pounds of scrag of veal ; stew them well down in a sufficient quantity of water for a strong broth, let it stand till it is quite cold, then skim the fat clean off. Take two pair of giblets well scalded and cleaned, put them into your broth, and let them simmer till they are stewed tender ; then take out your giblets, and run the soup through a fine sieve to catch the small bones ; then take an ounce of butter, and put it into a stew pan, mixing a proper quantity of flour, which make of a fine light brown. Take a small handful of chieves, the same of parsley, a very little pennyroyal, and a very little sweet-marjoram ; chop all these herbs together excessive small, put your soup over a slow fire, put in your giblets, butter and flour, and small herbs ; then take a pint of Madeira wine, some Cayenne pepper, and salt to your palate. Let them all simmer together, till the herbs are tender,

der, and the soup is finished. Send it to table with the giblets in it.

N. B. Let your livers be stewed in a sauce-pan by themselves, and put in when you dish.

Portable Soup.

TAKE four calves feet ; buttock of beef, twelve pounds; fillet of veal, three pounds; leg of mutton, ten pounds.

Stew them in a sufficient quantity of water, over a gentle fire, and carefully take off the skum, pass the broth through a cullender ; then boil the remaining meat in fresh water, which strain off likewise, and put the two liquors together ; let them cool, in order to take off the fat ; and clarify the broth with the whites of five or six eggs, adding a requisite quantity of salt ; then pass the liquor through a flannel bag, and evaporate it in a tin vessel in boiling water, to the consistence of a very thick paste ; turn it out of the vessel on a smooth even slab, and spread it thin : when cold, cut it in lozenges of a considerable size ; which may be dried in the heat of boiling water, or in a stove, till they are perfectly hard, and somewhat brittle. Lastly, put them into wide-mouthed glass bottles, and cork them well for use.

These lozenges, or cakes, will keep good four or five years. You may, if you please, add to the composition, fowl, leguminous roots, or spices, as a few cloves, a little cinnamon, pepper, &c.

When you would use these cakes, take what quantity you please : for example, half an ounce, put it into near a pint of boiling water, and set the vessel over embers for a quarter of an hour, or till the cake

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be entirely dissolved. This makes an excellent broth, with the addition, if need be, of a little salt.

To preserve Yeast, for Brewing, making of Bread, or Cakes.

TAKE a quantity of yeast, and work it well with a whisk 'till it becomes thin; then have a broad wooden platter, or tub, that is very clean and dry, and, with a soft brush, lay a layer of yeast all over the bottom, and turn the mouth downwards that no dust can fall in. but so that the air may come to it, to dry it. When that coat is very dry, lay on another; do so till you have as much as you intend to keep, taking care that one coat is dry before you lay on another. When you have occasion to make use of this yeast, cut a piece off, and lay it in warm water; stir it 'till it is dissolved, and it is fit for use. If it is for brewing, take a whisk, or a large handful of birch tied together, and dip it into the yeast, and hang it up to dry; when it is dry wrap it up in paper, and keep it in a dry place; thus you may do as many as you please. When your beer is fit to work throw in one of your whisks, and cover it over; it will set it a working as well as fresh yeast. When you find you have a head sufficient, take out your whisk and hang it up. If the yeast is not all off, it will do for your next brewing.

To keep French Beans all the year.

GATHER young French beans on a very fine day, and have ready a wide mouthed jar, clean and very dry; lay a layer of salt at the bottom, then a layer of beans, then salt, then beans; do so till your jar is quite full: cover them with salt, and then tie a bladder and leather over them, to keep the air from them;

them; and set them in a dry place. When you use them, take out your layer, regularly, and cover the rest over with salt, and tie them down again; wash them you took out very clean, and lay them in soft water 24 hours, shifting the water often. When you boil them have a good deal of water, and put no salt into it, as you do when you boil fresh beans.

You must set your salt before the fire, and let it be thoroughly dry, before you use it.

To keep green Peas.

GATHER your peas on a dry day, before they are too old, shell them, and have ready some quart bottles that are very dry; fill your bottles as full as you can, and cork them down: cut off the corks close to the bottle, and dip the tops of the bottles, in melted rosin; set them in a dry place that is cool, and they will keep till Christmas.

To keep green Gooseberries.

PICK your gooseberries before they are ripe, on a dry day, and take off the stalks and the snuffs; have ready wide mouth bottles that are clean, and very dry; fill the bottles with your fruit, and cork them down tight; then set your bottles in a kettle of water up to the necks; let the water just simmer 'till you find the gooseberries are coddled, take them out, and put in the rest of the bottles, till all are done; cut the corks off close to the bottles, and dip the necks of the bottles into melted rosin, and keep them in a cool dry place for use.

To

To keep ripe Gooseberries for Tarts, &c.

PICK your large red gooseberries when full ripe, on a dry day. To a quart of gooseberries, boil a quarter of a pound of *Lisbon* sugar in a gill of water; then put in the gooseberries, and let them boil softly three or four minutes: put them into small stone jars, and when cold tie them down for use: or you may pass them through a cullender; to a quart of pulp, add half a pound of *Lisbon* sugar; set it over a stove, or clear fire, and keep it stirring till it boils; pour it into stone jars: when quite cold, cover it over with paper, and keep it for use. It makes very pretty puffs.

To keep Walnuts.

HAVE a large stone jar, and put sea sand at the bottom; then put a layer of walnuts, then sand, and then nuts; do so till your jar is full. Before you use them, lay them in warm water, shifting the water as it cools; then rub them dry, they will peel easy and eat sweet.

A good way to keep Lemons, &c.

TAKE a quarter of a yard of packthread, run it through the hard nib at the end of the lemon, tie the string together, and hang your lemons on hooks in a dry airy place, so that they do not touch one another, or any thing else. Pears, apples, or grapes may be kept for a long time, by tying a string to the stalk, and hanging them in the same manner.

To make WINES, &c.

To make Raisin Wine.

TAKE the head out of a wine hoghead, and put into it 200 weight of raisins, with their stalks, fill it up with water, let them steep for a fortnight, stirring them very well from the bottom every day. At the fortnight's end take out the raisins into a hair or coarse canvass bag, and press them as dry as possible, and put the liquor that comes from them to the other. Have ready a well seasoned cask, that will just hold the liquor, put the bung on not too tight, till it has done fermenting, then bung it down tight; have a vent-peg at the top of your cask, near the bung, which ease a little every three or four days, and put it down tight again. In about three months it will be fit for use. It is best not to bottle it off till you have used about one half of your cask.

To make Cowslip, or Clary Wine.

TO six gallons of water, put twelve pounds of sugar, pare six large lemons, and squeeze in the juice, beat up well the yolks of four eggs; put all together into a clean iron pot, and boil it half an hour, skimming it very well, as the scum arises; take a peck of fresh picked cowslips, or half a peck of dry ones; put them into a clean tub, with the peeling of the six lemons; pour on the liquor boiling hot, and stir it till it is almost cold; bake a piece of brown bread, and spread it over with yeast; put it into your wine, and work it for three days; strain it off, and squeeze the flowers very dry, then run it through a flannel bag, and tan it into a clean cask; lay the bung on loosely for three or four days, if it does not ferment: bung it

it down tight, and in about three months it will be fit to bottle.

If you add six or eight ounces of syrup of citron, and a quart of *Rhenish* wine to it, before you turn it into your cask, it will make it better.

To make Cherry Wine.

GATHER your cherries when full ripe, and in a dry day; stone them, and take off the stalks, then put them into a clean horse-hair bag, and press out all the juice, and to every gallon of juice add two pounds of lump sugar beat fine; stir it well together, till all the sugar is quite melted, then put into a clean vessel, and let it be quite full. When it has done fermenting, bung it down close; in about three months it will be fit to bottle.

To make Quince Wine.

GATHER your quinces when full ripe, and on a dry day; wipe off all the down very clean with a cloth, then take twenty large ones, and grate them, till you come to the core; boil a gallon of spring water, and put in your quince pulp, and boil it softly a quarter of an hour; strain them through a sieve, and leave the pulp as dry as possible, into a clean earthen pan, on two pounds of double refined sugar; pare two large lemons thin, put in the peel and squeeze in the juice through a sieve, stir it till it is very cool, cut a little piece of bread, and toast it very brown, rub it over with yeast, and put it in to work it, cover it over very close, and let it stand for twenty-four hours, take out the toast and lemon-peel, and the yeast clean off, then put it into a clean runlet; in about three months it will be fit for use.

From this receipt you may make what quantity you think proper.

To make Orange Wine.

BEAT up the whites of ten eggs, with twelve pounds of the best dry *Lisbon* sugar, put this into six gallons of spring water, and boil it near an hour; put it into a clean tub, and let it stand till it is almost cold, then put in five or six spoonfuls of good ale yeast, and let it ferment; take a clean china bowl, or earthen pan, put into it two pounds of *Lisbon* sugar, and squeeze upon it a dozen of lemons. When the sugar is all melted, take the scum off the top, and put it into your liquor that is working. Pare half an hundred of oranges very thin, and squeeze the juice through a fine sieve, and add this to the rest, and let it work together for two nights and two days; then take the yeast off very clean, and have a cask that is well seasoned; put your wine into it, with two quarts of good *Lisbon*, or *Rhenish* wine, and keep it for use.

N. B. You must take care that your cask has not had red wine nor beer in it, for either will discolour your wine.

To make Elder Wine little inferior to Hermitage Claret.

TAKE nine gallons of spring water, and two pecks of elderberries, clean picked from the stalks; boil them till they begin to dimple, strain off the liquor, and to every gallon put two pounds of *Lisbon* sugar, boil it an hour, then put it into a clean tub, and let it stand till it is new milk warm, make a toast of bread, and spread it over with yeast, put it into the liquor, and let it work for three days, stirring it
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once or twice every day; then take off the yeast clean, and tun it into a clean wine cask; and to every gallon of wine add a pound of raisins of the sun, whole; let the cask be full, and let the bung be laid on loosely for two days, then bung it down tight; in three or four months it will be fit to drink, and when quite bright you may bottle it.

To make Elder-flower Wine, which has the Flavour of Frontiniac.

TO six gallons of spring water, put six pounds of jar raisins chopped, and twelve pounds of the best *Lisbon* sugar, boil all together a full hour, put it into a clean tub till it is cold; then take half a peck of elder flowers, that are full blown, and free from stalks, and put into your liquor; the next day put in the juice of three fine lemons, and a little better than a jill of good ale yeast. Throw over it a clean sack, or coarse cloth, and let it work for two days; take your yeast clean off, and put your wine into a clean vessel, and to every gallon of this wine add a quart of *Rhenish*, or young hock; put the bung on lightly for a fortnight, or more, till it has done fermenting, then bung it down close. In five or six months it will be fit for use.

To make Gooseberry Wine.

GATHER your gooseberries before they are too ripe, on a fine dry day, put them into a tub, and bruise them with a large wooden pestle, then put them into a horse-hair bag, and press out all the juice; to every gallon of juice put three pounds of the best dry *Lisbon* sugar, stir it well together till the sugar is all dissolved, put it into your cask, and let it

be full. If you make ten gallons, let it stand a fortnight, if twenty gallons a month, in a cool place, with the bung just laid on, then draw it off from the lees, either into another clean cask, or into a clean tub; empty your lees, and run them through a jelly bag, then you may put your wine into the same cask again; let it be quite full, and bung it down. If it is a ten gallon cask, let it stand about three months; if twenty gallons, about five months; pierce it, and if it is quite fine, you may bottle it off; or draw it out of the cask, to about a third, and bottle the rest.

To make Currant Wine.

GATHER the currants when full ripe, on a dry day, pick them clean from the stalks, into a large pan, and bruise them well with a wooden ladle; let them stand twenty four hours, then run them through a hair sieve, but don't touch the currants with your hands. To every gallon of juice, put two pounds and a half of dry *Lisbon* sugar, stir it well together, and to every six gallons put a quart of the best brandy; then put it into a clean cask; in about two months it will be fit for use; when fine, bottle it off.

Another Method of making Currant Wine.

BOIL water for half an hour, and to every quart, when cold, put six pounds of ripe currants well bruised; when it has been stirred up for two or three days, strain it, and put to every four quarts, three pounds of *Lisbon* sugar, then barrel it, and within a month or six weeks bottle it off. You may at the bottling put into every bottle a lump of loaf sugar.

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To make Grape Wine.

TAKE forty pounds of grapes, bruise them well with your hands; then put to them six gallons of water, stirring them well together, and let it stand for twenty-four hours; then strain them through a hair sieve, or hair bag, as dry as possible; and to every gallon of liquor put four pounds of *Lisbon* sugar, stirring it well together, and let it stand twenty-four hours longer: then put it into a clean cask, and let it be filled up every day till it has quite done fermenting. You may then bung it down. In six months, if it is quite fine, you may bottle it off.

To make Gooseberry Wine.

BOIL water, and having bruised the ripe fruit, put to every gallon of pulp two quarts of the water warm, stir them well together, and strain, after a day or two, through a hair bag. To every gallon of this liquor put two pounds of *Lisbon* sugar; put it into a clean cask, bung it down not too tight, till it has done fermenting, then bung it down close, and let it stand for two months: if it is clear bottle it off, and put into every bottle a lump of loaf sugar.

To make Raspberry Wine.

TO every quart of the juice of raspberries put a pint of water; and to every quart of liquor, a pound of fine sugar; set it on the fire, and boil it half an hour, taking off the scum as it rises; then set it to cool: when it is quite cold, put it into a clean vessel, and let it stand ten weeks, or something more, if the weather proves cold; when it is fine bottle it off. It will keep two years.

To make Apricot Wine.

TO every quart of water, put a pound and a half of apricots, that are not over ripe: let them be wiped clean and cut in pieces; boil these till the liquor is strong of the apricots flavour; then strain the liquor thro' a sieve, and to every quart put four or five ounces of fine sugar; boil it again, and scum it as it rises: when no more scum rises, pour it into a clean earthen pot; the next day bottle it, putting into every bottle a lump of loaf sugar, as big as a nutmeg. This will presently be fit to drink: it is a pleasant liquor, but will not keep long.

Orgeat Syrup.

TAKE of sweet and bitter almonds each six ounces, clear soft water a pint, sugar one pound and three quarters, orange flower water an ounce and a quarter, citron water a quarter of an ounce. The almonds are to be put into boiling water off the fire, and continue there five or six minutes, or till the husky skin will separate easily; being cleared of their husks they are to be put immediately into cold water to harden them; next, they must be bruised and worked in a marble mortar, with a little of the aforesaid liquor, till they are reduced to a souple paste. This paste must be diluted with the greatest part of the liquor prescribed, reserving only six or eight ounces; then the mixture is to be poured on a strong cloth, to be wrung out by two strong persons. The residue, or greats, must be put again into the mortar; and wrought as before, for a quarter of an hour, with the residue of the liquor, wrung out as before, and then added

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to the former strained liquor. This may be called emulsion, or milk of almonds.

This milk must be put with the sugar prescribed, into a small silver sauce pan, and placed in boiling water, or some similar heat: when the sugar is quite dissolved, the sauce pan should be removed from the fire; and when the syrup is almost cold, it must be aromatised with the citron and orange flower waters, and then strained through lawn, and corked up in bottles.

Syrup of Capillaire.

TAKE of best maiden-hair one ounce, which infuse twelve hours in two quarts of boiling water; strain it off, and in it dissolve four pounds of soft brown sugar. Clarify the mixture with a few whites of eggs; pass it thro' a filtering bag, and bottle it up for use. When the syrup is three parts cold, you may aromatise it with orange flower water.

Orange Flower Ratafia.

TAKE sugar six pounds, water twelve quarts; boil them over a moderate fire, and take off the scum: then add one pound of orange flower leaves, and boil them three or four minutes; pour them into a large stone jar, and add two quarts of rectified spirits of wine: Close the jar carefully with a good cork, or bladder; and let the mixture stand a month or six weeks, then filter it through a bag, and afterwards through filtering paper, and keep it in bottles well corked.

Ratafia of Juniper Berries.

TAKE green juniper berries eight ounces, boiling water two quarts, sugar two pounds, rectified spirit of wine one pint.

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Put the berries whole in a proper vessel, and pour the boiling water upon it; let them stand twenty-four hours covered, then strain off the liquor; and when cold, dissolve the sugar and add the spirits: cork it up in a bottle, filter it in three weeks or a month after it, and keep it for use in a bottle well corked.

This is an excellent stomachic. The berries containing plenty of essential oil and resin; but the principal stomachic virtue resides in the extract, which is the only substance dissolved by the infusion, except a small matter of the essential oil, which gives the ratafia a very agreeable scent.

Ratafia of Quinces.

TAKE clear juice of quinces three quarts, water and rectified spirits of each three pints, sugar two pounds and a half, bruised cinnamon three drams, bruised coriander seeds two drams, beaten cloves one scruple, bitter almonds pounded half an ounce, mace half a dram.

Dissolve the sugar in the water and quince juice; add the other ingredients; keep the mixture a fortnight or three weeks in a bottle; then strain through filtering paper, and bottle and cork for use.

The best Arquebusade Water.

TAKE of comfrey leaves and roots, sage, mugwort, bugloss, each four handfuls; betony, sanicle, ox-eye daisy, common daisy, greater fig-wort plantaine, agrimony, vervain, wormwood, fennel, each two handfuls; St John's-wort, longbirth-wort, orpine, veronica, lesser centaury, milfoil, mouse-ear, mint, hyssop, each one handful; wine three gallons. Having cut and bruised the herbs, pour on them the wine,

wine, and let them stand together in digestion in horse-dung, or any other equivalent heat, for three days; afterwards distil in an alembic with a moderate fire.

This water is good for resolving coagulated blood, discussing the tumours that arise on fractures and dislocations, for preventing the progress of gangrenes, and cleansing and healing ulcers and wounds, particularly gun-shot wounds.

To make a surfeit Water.

TAKE a peck of poppies, put them into a stone pot, or an infusing glass; then add half a pound of lent-figs, two pennyworth of stick liquorice sliced, half a pound of anniseeds, a stick of cinnamon, a blade of mace, and a few cloves. Put to this two quarts of brandy, and two quarts of anniseed water; let this stand a fortnight, and stir it every day; then strain it off, and bottle it up for use.

To make a Paste for the Hands.

TAKE a quarter of a pound of bitter almonds blanched, two ounces of raisins of the sun, stoned and chopped, put both into a mortar, and pound them, adding bullocks gall, till it is as smooth and as thick as paste, then put it into pots for use.

To take Iron Moulds out of Linen.

TAKE sorrel, bruise it well in a mortar, squeeze it through a cloth, bottle it and keep it for use.

Take a little of the above juice in a sauce-pan well tinned, boil it over a lamp; as it boils dip in the iron-mould: don't rub it, only squeeze it. As soon as the iron-mould is out, throw it into cold water.

To

To take Ink out of Linen.

BOIL vinegar, and wash the part where the Ink has fallen as hot as you can bear it, and it will take it out.

To take Ink out of Lace.

BOIL the juice of lemon, and dip your lace in it frequently, till the ink is discharged.

A N
ESSAY ON ALIMENTS,
O R
F O O D S.

THE mechanism of nature, in converting our aliment into animal substances, consists chiefly in two things. *First*, by mixing constantly with it animal juices already prepared. *Secondly*, by the action of the solid parts as it were churning them together. This is evident if we consider the vast quantity of spittle mixed with the food in chewing, that necessary preparation of all solid aliment, without which there can be no good digestion: in a human body there is no instrument to perform this action but the teeth. By the action of chewing, the spittle and mucus are squeezed from the glands and mixed with the aliment, which by a long continuance of this action is converted into a sort of chyle. The spittle is an active liquor, immediately derived from the arterial blood. It is saponaceous, as appears by its frothing, and likewise by distillation; and consequently is attenuating, resolving, penetrating, and cleansing. After long abstinence it is extremely sharp and copious; it ferments

ments with the juice of vegetables, and consequently disposes them to be changed into inflammable spirits, and it discovers its virtues in several chirurgical uses. He that eats a pound of bread, mixeth it with near as much spittle, and this separated from glands that weigh only about four ounces.

Besides, in the action of chewing, the mucus mixes with the aliment a humour different from the spittle, and the great quantity of air which it contains helps to dissolve the aliment.

The necessity of spittle to dissolve the aliment appears from the contrivance of nature in making the salivary ducts of such animals as chew the cud, extremely open; whereas those which swallow their aliment without chewing, have no salivary glands; and birds have them placed in their maw. From all which observations it appears, that the solution of the aliment by chewing is very necessary, and could not be duly disposed for the other changes it receives as it passes through the alimentary duct, without it.

The change the aliment undergoes in the stomach, is effected by the attrition of the inward coat of that organ, and the action of a dissolvent liquor assisted with heat.

The humour in the stomach is a compound of that which is separated from its own proper glands, of the spittle which is almost continually swallowed, and the liquor which distills from the gullet. By the help of this compound liquor, and the action of the inward coat of the stomach, the food is dissolved by an operation similar to that of making an emulsion; in which
operation

operation the oily parts of nuts and seeds being gently ground in a mortar, and gradually mixed with some watery liquor, are dissolved into a sweet, thick turbid, milky liquor, resembling the chyle of an animal body.

The humour in the stomach grown sharp by fasting, and the quick sensation of the inward villous coat of the stomach, seem to be the cause of the sense of hunger.

Such as have, by a too frequent use of spirituous liquors, weakened and destroyed some of the solid parts of the stomach, cannot recover a right digestion; for the inward villous coat once destroyed cannot be restored.

Thirst and hunger denote the state of the liquor of the stomach. Thirst is a token of an acrimony commonly alkalescent or briny.

By digestion in the alimentary duct, the specific difference of all substances is abolished, and the whole action resembles putrefaction: but though the action of vegetable putrefaction comes the nearest to animal digestion, it so far differs from it, that the salts and oils are only detained in the animal body so long as they remain benign and friendly to it; but as soon as they putrefy entirely, are either thrown off, or must produce mortal distempers.

The gall is the principal dissolvent of the aliment; and when it is peccant or deficient, there can be no right digestion.

The gall is of two sorts, that contained in the gall bladder, which is a sort of repository for it when once secreted, and that which is draining immediately from the liver; the former is consumately bitter, the latter

less so. The gall is a saponaceous substance, composed of an alkaline salt, oil, and water, easily mixing the oily and watery parts of the aliment together. These qualities make it a most powerful and proper dissolvent.

The gall is likewise the chief instrument (by its irritation) of the peristaltick motion of the guts.

The gall is so acrid, that of itself it could not be admitted into the lacteal vessels: therefore nature has furnished another liquor, called the pancreatick juice, to temper its bitterness and acrimony, after it has done its office.

The pancreas is a large salivary gland, separating near a pint of liquor, like spittle, in twelve hours. This juice likewise mixeth the parts of the aliment, rendering the chyle homogeneous.

When the chyle passes through the mesentery, or membranous part in the lower belly, to which the guts are connected, it is mixed with the lymph, which is the most spirituous and elaborated part of the blood from its glands: so that the juices of an animal body are, as it were, re-distilled, being excreted and admitted again into the blood with the fresh aliment, all the while the solid parts act upon the mixture of aliment and animal juices, so as to make the mixture more intimate and compleat. Moreover none of these animal juices, except the liquor of the intestines, mix, in a sound state, with the fæces; so that one may compute, that a pound of bread, before it enters the blood, is mixed probably with four times the quantity of animal juices. The same œconomy is observed in the circulation of the chyle with the blood, by mixing it intimately

intimately with the parts of the fluid to which it is to be assimilated.

An animal whose juices are unsound, can never be duly nourished; and the chyle must be peccant in quantity and quality, when the organs and their actions are too weak; and whatever strengthens the solid parts, must help digestion.

Loosenesses and strong purgations must spoil the first digestion, by expelling too great quantities of the animal fluid.

The obstruction of the mesentery glands is one great impediment to nutrition, whose lymph is a necessary constituent of the aliment before it mixes with the blood: hence scrophulous persons are seldom duly nourished; for as they have tumours in the external glands next under the skin, they have them also in those of the pancreas and mesentery.

In consumptive persons milk is the best restorative, as it is a chyle already prepared.

The most subtle part of the chyle passes immediately into the blood, through the absorbent vessels of the guts. Therefore when the intention is to give immediate refreshment to the spirits, as after great abstinence and fatigue, thin or liquid aliment is the properest.

The chyle itself cannot pass through the smallest vessels (for it never passes by urine or sweat) therefore it cannot nourish till it is converted into blood, by the mechanism of nature above described.

Since the lungs are the first and chief instrument of Sanguification, those who have that organ faulty, can never be duly nourished, or have the vital juices

(which are all derived from the blood) in a good state ; therefore, such as have a faulty circulation through the lungs, ought to eat very little at a time ; because the increase of the quantity of chyle must render that circulation still more uneasy : therefore, the great rule of diet for consumptive people, and upon which the whole cure depends, is taking their aliment in small quantities at a time.

The choice, as well as quantity, of diet is of great importance to such as have weak lungs.

Good air assists the digestion, as it is an instrument of sanguification in the lungs.

The chyle is not perfectly assimilated into blood by its circulation through the lungs, as is plain from blood-letting, it remaining unmixed with the blood, and swimming a top several hours after repast.

The mixture of blood and chyle, after its circulation through the lungs, being brought back into the left ventricle of the heart, is drove again by the heart into the great artery, and thence through the whole arterial system, by the contractile force of those vessels, by which the blood and chyle are still more intimately mixed, and the mixture acquires a greater degree of fluid and similarity.

The strength of the aliment, or its resistance to the solid parts ought to be proportioned to the strength of those solids : those that use much labour or exercise, have their solids more elastick and strong ; whence they can bear, and ought to have stronger food ; their nourishment being quickly dissipated by the vigorous action of the solid parts.

If

If the chyle passes into the blood in a bad state, as the force of the fibres which contribute to the second digestion, is limited, it is not sufficient to convert a peccant liquor into laudable animal juices.

The aliment, as it circulates, is reduced almost to an inconceivable tenuity, before it can serve the animal purposes.

Hence one can easily apprehend the inconveniency of viscidities, which obstructs, and acrimony, that destroys the fine capillary vessels; and hence too solid or viscous aliment is found hurtful in scrophulous or other infarctions of the glands.

The whole body is nothing but a system of canals, which all communicate with one another, mediately or immediately. By the muscular motion, and the perpetual flux of the fluids, a great part of the latter are discharged from the body by proper emissaries, and with them the smaller particles rubbed off from the solids. Therefore both fluids and solids demand a constant reparation.

The diet of infants ought to be extremely thin, though when the solids are too lax, as in sickly children, it should be gently astringent; but in all cases frequently repeated, which is not only necessary for the repairing the fluids and solids, but likewise to keep the fluids from the putrescent state they would acquire without being diluted by fresh chyle. for it is observable that an animal that starves of hunger, dies of a fever; the most fluid parts being dissipated, what remains turns acrimonious and corrosive, affecting the tender fibres of the brain.

Long abstinence, in hot bilious constitutions, may be the parent of great diseases: it is however more troublesome where an acidity prevails, through the uneasiness it creates in the stomach.

Mankind take as aliment all the parts of vegetables; but their properest food of the vegetable kingdom, is from the farinaceous or mealy seeds of long-stemmed plants, as oats, barley, wheat, rice, rye, maies, pantic, millet; or of some of the leguminous, as pease, beans, &c. Those, as seeds, contain the most elaborate part of the plant; the little oil they contain is not highly exalted and hot, as that of the acrid and aromatic, but mild and benign, and therefore proper to make the animal emulsion of chyle.

Barley is emollient, moistening, and expectorant. Oats have some of the same qualities. Rice is the food of, perhaps, two-thirds of mankind. Next to rice is wheat, the bran of which is highly acrescent and stimulating; whence bread that is not too much cleared from it, is wholesomer for some constitutions. Rye is more acid, laxative, and less nourishing. Millet is diuretick, cleansing, and useful. Pease are mild and demulcent in a high degree; but abounding with aerial particles, are flatulent upon digestion, and beans much resemble them.

The mealy parts of the forementioned plants dissolved in water, make too viscid an aliment to be constantly used; and they are made much more easy of digestion by fermentation, and making some of them into bread, the properest aliment for human bodies.

The

The most alimentary substances are fruits of trees and shrubs : upon their different portions and mixtures of their phlegm, oil, and essential salt, depend their sharpness, sweetness or stypticity. Of fruits some are pulpy, others contained within a hard shell, being indeed the seeds of the plants to which they belong, and contain much oil and salts mixed with indigestible earthy particles. Other fruits abound with a cooling viscid juice, often offensive to the stomach, as cucumbers, pompions and melons.

Of alimentary leaves, pot-herbs afford an excellent nourishment ; the cole or cabbage kind are emollient, and laxative. Red cabbage is reckoned a medicine in consumptions and spitting of blood. Among the pot-herbs are some plants abounding with a milky juice, as lettuce, endive and dandelion, most wholesome, anodyne, cooling, and extremely useful in all disorders of the liver. Artichokes contain a rich nutritious stimulating juice.

The stems of some plants contain a fine aperient salt, and are thereby diuretick, as asparagus, which affects the urine with a fœtid smell, especially if cut before they are white ; when they are older, and begin to branch, they lose this quality. Broccoli is a stalk of a similar nature, and very nutritive.

Of alimentary roots, some are pulpy and very nourishing, as turnips and carrots ; the former of which have also a fattening quality, which they manifest in feeding of cattle. There are other roots which contain an acid volatile salt, as onions, garlick, leeks, radishes, the mildest of these is celery ; they are alkalescent and heating, and therefore proper in cases of acidity.

dity. The fungous kind, as mushrooms or truffles, afford an alkaline salt, and much oil; some of them being notoriously poisonous, make the others suspicious, if eaten in too great quantities.

There are many vegetable substances in use as seasonings, which abound with a highly exalted aromatick oil, as thyme, savoury, marjoram, basil, spices: they are heating, and most of them hard of digestion. Mustard, which is used in seasoning, abounds with a most pungent salt and oil, extremely active and warming.

Sugar is an essential salt of a plant, combined with an oil, which renders it inflammable; and consequently is saponaceous, resolvent, and cleansing.

The operations of cookery and chymistry fall much short of the vital force of an animal body. No chymist can make milk or blood of grass; yet it gives some light to this subject, to shew into what parts vegetables resolve themselves by such simple operations, as barely separate their parts, without confounding or destroying them.

It has been already observed, that in making an emulsion, the oily parts of vegetables dissolve into a white liquor, resembling chyle. Our vegetable food consists of mealy feeds, fruit, bread, &c. upon which our teeth and jaws act as the pestle and mortar; the spittle, gall, pancreatick juice, &c. are the menstruum, instead of the water which the chymist employs; the stomach and intestines are the press; and the lacteal vessels the strainers, to separate the pure emulsion from its fæces. The chyle is white, as consisting of salt, oil, and water of our food, much levigated or smooth.

smooth. This likewise constitutes the whiteness of emulsions.

Vegetable putrefaction, it has likewise been observed, turns vegetable substances into an animal nature.

In the preparations of cookery, the most volatile parts of vegetables are destroyed; if any of them are retained it is in the greatest decoctions. When we feed upon the plant, it makes the solid parts more tender, and deprives them of a great deal of their more subtile oils.

The vascular and solid parts of plants are incapable of any change in the animal body. The fibrous and solid parts pass unaltered through the intestines, and sometimes, by sticking there occasion great disorders. Grains and nuts pass often through animals unaltered.

Vegetable substances contain a great deal of air, which as they are dissolved in the alimentary duct, expands itself, producing all the disorders of flatulency.

There are other preparations of vegetables by fermentation, whereby they are wrought up into spirituous liquors, which may be called by the general names of wines; such fermented liquors have quite different qualities from the plant itself; for no fruit taken crude has the intoxicating qualities of wine.

Animal substances are more easily assimilated into animal substances; and therefore it seems probable that they are more nourishing to animal bodies than vegetables.

Animal juices, as well as vegetables, are in their greatest perfection when the animal is full grown; young animals participate of the nature of their tender aliment, as sucklings of milk.

Animal

Animal nourishment differs considerably as the animal is terrestrial, amphibious, or aquatick. Fishes contain more of animal salts and oil, for they putrify sooner than terrestrial animals; some of them, as the thornback, when dryed, taste of sal ammoniac.

The muscular fibres of fishes are generally more small and tender than those of terrestrial animals, and their whole substance more watery.

From which qualities a fish diet is more rich and alkalescent than that of flesh. The inhabitants of sea-port towns are remarkably prolifick.

The oils with which fishes abound often turn rancid, lie heavy on the stomach, and affect the very sweat with a rancid smell. Water-fowl abound with the same rancid oil as fish.

Another difference of the flesh of animals depends upon the difference of their food. Those animals which live upon other animals, have their flesh and juices more alkalescent than those that live upon vegetables.

Abstracting from other considerations, the most healthy animal affords the best aliment, and the castrated than those that are not so.

As the fibres of fat animals are often more tender and moist than those of lean, they are more coveted by mankind.

The juices of the same animals in decoctions, are often more nourishing, when the solid parts are not so good, and the broth made of grown animals more nourishing than that of young.

The several parts of the same animal differ in their qualities; their livers are tender, and by the juice

juice which they contain are easily corruptible: all the parts, and especially the glands, partake of the qualities and juices which they prepare; the intestines and parts about the mesentery, are relaxing; the bones and horns contain much volatile salt; the feet, consisting of tendons and ligaments, contain a viscous nourishment, proper where such is indicated. The blood of animals contains salts which make it laxative; it is not easy of digestion.

The milks of several animals differ but little as to their sensible qualities; women's milk is the sweetest; as to their nutritious qualities, they seem to stand in the following order: that of women, asses, mares, goats, sheep, cows, The milk of animals which void hard excrements, is most nourishing.

There are three exotick plants now much used in common aliment, tea, coffee, and chocolate. There are many treatises wrote about them, which ascribe to them both good and bad qualities. There has been published a very learned and elaborate dissertation upon tea, by Dr. *Thomas Short*, in which the author with great knowledge, industry and skill, has not only given us the natural history of the plant, but likewise its analysis.

But as the infusions and decoctions of the said vegetables in common water, are the only preparations of them in use; there is no necessity in this place of considering any of their contents, but such as are extracted by those simple operations of cookery.

The green leaves of tea contain a narcotick juice, which exudes by roasting. This is performed with great care, before it is exposed to sale. The several methods

methods of discovering the adulterations of tea, by copperas, galls, spirit of hartshorn, may be seen in the before-mentioned treatise. Tea, by its manner of affecting the organs of taste and smell, contains very little of a volatile spirit. The active principles of it extracted by infusion, are the most separable parts of its oil or gum, and its salts.

Its salt and gum are astringent. Chalybeate water draws from it a tincture of the same colour as that from oak-leaves. It is acescent, as appears by its effects upon stomachs troubled with acidity; and it is moderately astringent.

As a watery liquor it is diluting, and stimulating by its salt: by its astringent quality it moderates the relaxing quality of warm water; and water endued with any saline stimulating substance is very penetrating, and goes into the most inward recesses of the circulating juices, and refreshes the brain and animal spirits; but by its styptick and stimulating quality it affects the nerves, very often occasioning tremors; by its heat it promotes perspiration; by its watery quality it dissolves what is viscid on the stomach, and so may help digestion; but a strong decoction of it is emetic; and drinking too great quantities of it may relax and weaken the tone of the stomach.

As stimulating and diluting, it is diuretick; but as it is astringent, it is not quite so proper where relaxing the urinary passages is necessary.

The addition of milk abates some of the forementioned qualities, making it more soft and nutritious; and sugar, as a salt, encreases its stimulus. From these hints it follows, first, that tea is proper only for
such

whose bodies are in such a state as demands some of the fore-mentioned alterations, Secondly, that the immoderate strength and quantity of liquor may be hurtful in many cases, and to most people.

Coffee has, in common with all nuts, an oil strongly combined and entangled with earthy particles. The most noxious part of its oil exhales in roasting to the abatement of near one-fourth of its weight.

One pound of coffee, by distillation, afforded of volatile spirit six ounces, six drams and two scruples; of caput mortuum, five ounces, three drams: though the chymist did not, or could not, calcine the caput mortuum, so as to obtain its fixed salt, to be sure it must have had some.

What is extracted by water from coffee, is the most separable parts of the oil, which often swims a top of the decoction. This oil is volatile, and consequently very little nutritious.

Volatile oils refresh the animal spirits, but are likewise endued with all the bad qualities of such substances, producing all the effects of an oily and aromatick, acrimony, as dryness, heat, stimulation, tremors of the nerves; from whence it has been accused of causing palsies, leanness, watchfulness, and destroying masculine vigour.

From these qualities it is easy to imagine that it must be hurtful to hot, dry, bilious constitutions, and perhaps beneficial to phlegmatick, and when drank in too great a degree of strength or quantity, hurtful to every body.

Chocolate is certainly much the best of these three liquors; its oil seems to be both rich, alimentary,

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and anodyne ; for an oil, as soft as that of sweet almonds, can be extracted from the nut, and the Indians make bread of it. This oil combined with its own salt and sugar, makes it saponaceous and cleansing, by which quality it often helps digestion and excites appetite, when it is mixed with vanillios, or spices ; it acquires likewise the good and bad qualities of aromatick oils, which are proper in some constitutions, and very improper in others.

From what has gone before, a few general inferences may be drawn, in the different natural states of the human body.

Infancy and childhood demand a copious nourishing aliment, such as lengthens the fibres without breaking or hardening, because of their weakness and state of accretion. Milk has all those qualities.

The solidity, quantity, and strength of the aliment, is to be proportioned to the labour or quantity of muscular motion, which in youth is greater than in any other age, upon which account a strong and solid diet would seem to be indicated ; but as that age is still in a state of accretion, their diet ought still to be emollient, and relaxing; copious, and without acrimony.

The diet of a human creature full grown, and in the state of manhood, ought to be solid, with a sufficient degree of tenacity, without acrimony ; the chief drink water cold, because in such a state it has its own natural spirit and air, (which heat destroys) with a quantity of fermented liquors proportioned to the natural constitution.

The course of the fluids through the vascular solids, and the common animal functions without any violence,

violence, must in length of time harden the fibres, abolish many of the canals, and make the solids grow together: from whence dryness, weakness, immobility, debility of the vital force in both the first and second digestion. Loss of teeth, deprivation of mastication, the condition of old age, which therefore demands a diet resembling that of childhood, often repeated, but not so copious in proportion to the bulk, emollient, and diluting.

It is likewise easy to determine the inconveniences arising from the excess of any one sort of diet. Too much sea-salt produces thirst, hoarseness, acrimony in the serum, (which destroys its soft nutritious quality) erosion of the small fibres, pains, and all the symptoms of the mariatick scurvy.

Acids taken in any great quantity, especially such as are austere, as unripe fruits, produce too great a stricture of the fibres; from whence pains, rheumatism and gout, paleness, itch, and other eruptions of the skin: substances extremely styptick are hurtful to the nerves, and occasion palsies.

Spices in too great quantities occasion thirst: dryness and heat, quicken the pulse, accelerate the motion of the blood, and dissipate the fluids: from whence leanness, pains in the stomach, loathings, and fevers.

Strong liquors, especially inflammable spirits, taken in great quantities intoxicate, constrict, harden, dry and stimulate the fibres, and coagulate the fluids. They corrode and destroy the inward coat of the stomach and intestines; and if digestion be a putrefaction, spirits must by their natural quality hinder

that, produce debility, flatulency, obstructions, especially in the liver, fevers and dropsies, as by their stimulating they raise the spirits for a moment, to which succeeds a proportional depression; they create a habit and necessity of continuing the same course, and increasing the quantity. Liquors in the act of fermentation, as yeast and new-ale, are apt to produce spasms in the stomach, colic and diarrhæas.

A diet of viscid aliment creates flatulency and crudities in the stomach, obstructions in the small vessels of the intestines, in the mouths of the lacteals and glands, tumours and hardness in the belly, coldness, paleness of the skin, and viscosity in the fluids.

A diet of oily parts relaxeth the solids, and particularly the stomach and intestines, creates nidorse eructations, loathings, oily and bitter vomitings, obstructs the capillary vessels by hindering the entrance of the watery fluid part, with which it will not mix; it creates thirst and inflammations.

A constant adherence to one sort of diet, may have bad effects on any constitution. Nature has provided a great variety of nourishment for human creatures, and furnishes them with appetites to desire and organs to digest them, as aliments have different qualities: a constant adherence to one sort may make the constitution verge to some extremes; and I think I cannot better conclude than by recommending the following advice of *Celsus*. *A healthy man, under his own government, ought not to tie himself up to strict rules, nor to abstain from any sort of food in common use; he ought sometimes to feast, sometimes, to fast, sometimes to sleep, sometimes to watch more than ordinary, &c.*

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An unerring regularity is almost impracticable, and the swerving from it, when it is grown habitual, dangerous; for every unusual thing in a human body becomes a stimulus, as wine or flesh-meat to one not used to them: therefore *Celsus's* rule, with the proper moral restrictions, is a good one for people in health, and even for persons diseased, in many senses, as too strict, too lax, acid, bilious, &c. A constant adherence to one sort of diet, may carry the case beyond a cure to the contrary extreme.

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